VANCOUVER metro®

NEWS WORTH SHARING.

MISSION TO MARS

PART 1 OF OUR FEATURE ON A HUMAN EXPEDITION TO THE RED PLANET EXPLORES HOW WE'LL GET THERE

PAGES 8 & 9

Stone's a gem

Actress Emma Stone thrives no matter the role. Use Metro AR to see her Spider-Man co-star Andrew Garfield talk Peter Parker PAGE 21

Sterling handed lifetime NBA ban

L.A. Clippers owner also owes $2.5M. Use Metro AR to hear his now-infamous racist comments PAGE 6

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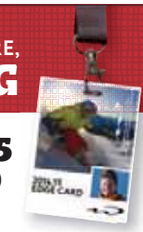

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Public weighs in on Riverview

Report. Over 500 people attended recent open houses on the future of the landmark site

Revitalized mental health care, a fear of market housing, and the preservation and care of nature on the Riverview lands: These items were among the issues voiced by hundreds of people on the future of one of the province's most historic sites.

The public consultation report released on Tuesday was written with data obtained from the first round of open houses on the future of Riverview, conducted on Feb. 27 and March 1.

About 553 people attended the two days and 247 comment forms were submitted, including 15 emails and 186 comments left on the Renewing Riverview website.

"The most frequently mentioned aspects that respondents wanted to have better represented was mental-health care and the site's natural elements," the report states.

The first round of feedback on the redevelopment of Riverview saw an overwhelming call for mental health services and the protection of nature.
SAM SMITH/METRO FILE

"Other references included: The patients' stories, wildlife, the buildings on the site and their deterioration, the First Nations history, and the current uses and revenues on the site."

A majority of the responses from the public focused on the health aspect of Riverview. Some also expressed fears of market housing being put on the site.

"Putting mental-health care as the No. 1 priority can still translate into a self-sustaining economic model," said one unnamed commenter. "The three existing sites do not provide enough beds and care. And we do not need more market housing."

Based on the feedback, Brook Pooni Associates, which compiled the data, has made seven recommendations including more clarity on the commitment to health care and mental-health care, a commitment to green space, a prioritization of needs, and a list of the next steps BC Housing will be taking.

BC Housing was tasked by the province to create a vision for the future of the Riverview lands, which resulted in a year-long consultation with stakeholders to create a plan that balances the social, economic and environmental objectives of the province, the city and the community.

SAM SMITH/FOR METRO

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NEWS 1

Weed feed

Marijuana-laced munchies take student on bad trip to hospital

They're not getting any brownie points for this one.

North Vancouver RCMP Cpl. Richard De Jong says two Grade 10 students were dizzy, had heart palpitations and vomited, and one of them had to be taken to hospital after eating dessert squares that contained pot.

"More than two students took the product but only two got sick enough to either leave school or go to the hospital," he said.

De Jong said police believe the Krispy squares and brownies were bought at a 4/20 event, an annual celebration of cannabis culture held on April 20.

"They were selling them on school property, through word of mouth."

De Jong said police will be working with the North Vancouver School District to educate students and parents to ensure school properties are drug free.

"Making these edibles widely available and normalized can be very tempting to children," De Jong said. "The allure of these marijuana edibles, which taste and look like simple sweets, makes them especially risky."

Children who ingest marijuana can become ill, the RCMP said, with how sick they get depending on the child's age, weight, the potency of the drug and how much is eaten.

"To a young person the risk of ingesting edible marijuana is that the danger is camouflaged by the product looking safe and familiar," De Jong said.

SAM SMITH/FOR METRO, WITH FILES FROM THE CANADIAN PRESS

The current Vancouver Art Gallery, pictured here, will be moving to a new space on West Georgia and Cambie. MATT DESOUZA/FOR METRO

Bird's Nest creator to design new VAG

Herzog & de Meuron. Architects behind Beijing stadium edge win due to art museum experience

THANDI FLETCHER
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The architecture firm best known for designing the iconic "Bird's Nest" Olympic stadium in Beijing has been chosen to design the new Vancouver Art Gallery.

Herzog & de Meuron, based out of Basel, Switzerland, beat out four other short-listed candidates considered for the role of designing the new expanded gallery.

Vancouver Art Gallery director Kathleen Bartels said she has no doubts Herzog & de Meuron is the best choice for the job.

"They are extraordinarily innovative and creative," Bartels told Metro. "They really are a firm that doesn't really look to a singular palette or a signature style. They are very sensitive to place, and their architecture really reflects a place."

After interviewing each firm and visiting buildings they designed, Bruce Munro Wright, chair of the gallery's architecture-selection committee, said it was Herzog & de Meuron's experience building art museums that sealed the deal.

"They understand how artists' work needs to be shown," he said. "They also produce very beautiful buildings."

The four other finalists, selected out of 75 firms from 16 countries, included New York's Diller Scofidio + Renfro, Toronto's KPMB Architects, SANAA in Tokyo and Tod Williams Billie Tsien Architects in New York.

Some of Herzog & de Meuron's other major projects include the Tate Modern in London, the de Young Museum in San Francisco and the Pérez Art Museum in Miami.

The Vancouver Art Gallery's new facility will be about 300,000 square feet, more than double the gallery's current size. It will be built on a city-owned site at West Georgia and Cambie that the gallery will lease.

As part of the lease conditions, the gallery needs to raise $150 million from the federal and provincial governments by April 2015. So far, the province has committed $50 million to the project. The gallery will soon launch a public capital campaign, said Bartels.

Conceptual designs for the new building will be unveiled in early 2015, with construction expected to be complete by 2020.

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Unsolved murders. Police launch cold case website

Vancouver Police have launched a new website that they hope can bring forth new information on cases that have gone unsolved.

"We all know that the method and speed by which people communicate has changed dramatically in recent years," said Deputy Chief Adam Palmer.

"The Internet has become a huge part of our lives. Our goal is to reach as large an audience as possible to give people an opportunity to provide valuable input on homicide cases, some of which have been inactive or cold for a number of years."

The site, vpdcoldcases.ca, launched on Tuesday. It currently has eight cold cases, and will be updated regularly. The multi-layered website contains locations of interest, crime scene and case photos, media stories and case overviews.

Deputy Chief Adam Palmer
MATT DESOUZA/METRO

"We know through experience that the passage of time can change people's outlook," Palmer said. "Perhaps when they were young they didn't wish to talk to police for a variety of reasons.

Tips on any case can be provided through the VPD website, email, phone or Crime Stoppers. **MATT DESOUZA/METRO**

Stabbing. Child injured during grandmother's murder to recover: VPD

The 19-month-old child involved in the city's third homicide may make a full recovery, Vancouver police said Tuesday.

On the morning of April 14, police were called to an apartment on Kingsway near Joyce for reports of a man yelling and blood on the hallway walls.

A man with a knife challenged police and was shot and injured. Inside an apartment, Yin Nor Hsao, 63, was found critically injured and died at the scene.

Her young granddaughter was also injured.

"Her injuries were very severe, she was stabbed multiple times," Const. Brian Montague said of the child.

Quoted

"She is doing remarkably well ... to a point where she might actually fully recover."
Const. Brian Montague

It was initially thought that the girl's injuries would be life altering, but Montague said she is now doing better.

"Hopefully because of her age, she'll have no memory of it." **MATT DESOUZA/METRO**

Shady business deal

Judge awards damages to 'gullible' man

Misrepresenting a vending-machine business to a "gullible and naive" entrepreneur has cost a Vancouver-area businessman more than $435,000.

B.C. Supreme Court Judge Stephen Kelleher says Brian Thurston of Nutriview Systems Inc. convinced Harry Ma to pay a grossly inflated fee for a vending-machine business.

THE CANADIAN PRESS

Education

B.C. refocuses skills training to fill 1 million jobs

Job training is going to become the focus of British Columbia's education and apprenticeship systems.

Premier Christy Clark unveiled her government's B.C.'s Skills and Jobs Blueprint Tuesday, outlining the government's promise to give young people a seamless path from school to the workplace.

THE CANADIAN PRESS

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Surrey. Belgian shepherd stabbed multiple times awaits surgery for injuries

A Belgian shepherd named Spirit is awaiting surgery after an unidentified man allegedly trespassed onto a property along the 12,700 block in Surrey Monday night around 7:30 p.m. and stabbed the animal roughly a dozen times, according to police.

The suspect was possibly trespassing on the property, although police don't know why he was there, and allegedly attacked the dog after Spirit charged him, police said.

Spirit's owner, Shelly, was too upset to speak to Metro about the incident but her brother, Darcy Schweighardt, said she is thankful for the public's support.

"Shelly wants everyone to know that because of Spirit's love for her and the relationship they have, he chose to protect her from harm," he said. "Right now she is faced with dealing with Spirit's injuries and the possible loss of a part of her family."

An anonymous donor donated the cost of the medical bills for Spirit's surgery, he added.

The suspect is described as a Caucasian male in his mid-20s, standing 5-feet 8-inches tall, with a medium build, dark hair, wearing a possible blue checkered plaid shirt and jeans with a potential tear.

SAM SMITH/METRO

B.C. gang leader. Man had own motive to kill target, defence lawyer alleges

A former gang leader testifying about his involvement in a mass killing near Vancouver that left six dead, including two innocent bystanders, had his own motive to murder the intended target despite his insistence that he did not want to go through with the plan, a defence lawyer alleged in court Tuesday.

Lawyer Simon Buck repeatedly attacked the testimony of Michael Le, who became the star witness after a surprise guilty plea in November, and at one point accused him of lying.

Cody Haevischer and Matthew Johnston are each charged with conspiracy and six counts of murder in the deaths of six people who were found dead in an apartment in Surrey in October 2007. Le, who was one of the leaders of the Red Scorpions gang, was on trial alongside them until he agreed to defect to the Crown.

The Crown alleges the murders were part of a hit on rival drug trafficker Corey Lal, but five others were also killed to eliminate potential witnesses.

The Crown's theory is that Le and co-leader Jamie Bacon planned the killing, while Haevischer and Johnston carried it out along with a third man, known only as Person X, who has already pleaded guilty. THE CANADIAN PRESS

White Rock

Civic workers serve 72-hour notice as CUPE walkout looms

Civic workers in White Rock, B.C., are preparing for job action.

Officials with CUPE Local 402-01 say 72-hour strike notice has been served and members expect to begin limited job action by Friday.

Local union president Mike Guraliuk says services such as permits and licensing, pay parking, bylaw enforcement and finance will be affected.

THE CANADIAN PRESS

Peter Beckett

Trial set for man accused of killing wife by pushing her off boat

A man accused of killing his wife by pushing her off a boat at a lake near Revelstoke is scheduled to stand trial in January 2015.

Peter Beckett is charged with first-degree murder, counselling to commit murder and obstruction of justice.

B.C. Supreme Court Justice Ian Meiklem has set aside six months for the jury trial.

THE CANADIAN PRESS

People gather during a Louis Vuitton temporary store opening cocktail party in September 2011 in Milan, Italy. VINCENZO LOMBARDO/GETTY IMAGES

Snooty staff can up sales for luxury retail: Study

'The Pretty Woman effect.' Marketing professor says getting snubbed makes you want to be part of that group

THANDI FLETCHER
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If luxury brands want to sell more, they should hire rude sales staff.

That's the finding of a new University of B.C. study that reveals consumers who get the brush-off at high-end retailers are more willing to fork over the big bucks.

"In some ways, you can see it as like the Pretty Woman effect," said Sauder School of Business marketing professor Darren Dahl, referring to the famous shopping scene in the 1990 Hollywood rom-com starring Julia Roberts. "In that moment, you want that luxury. You want to be part of that group."

For the study, participants imagined or had two interactions with sales staff, one that was rude and one that wasn't. The participants then rated their feelings about the store brands and their desire to buy the product.

Those who aspired to be associated with the high-end brands were more likely to buy after being treated poorly by the sales staff, the study found.

The effect only held true for customers who aspired to be associated with the luxury brand. It also only worked if the salesperson appeared to be an authentic representative of the brand.

"This isn't everybody," said Dahl. "Our study shows you've got to be the right kind of snob in the right kind of store for the effect to work."

The caveat? The effect fades over time, said Dahl. Two weeks after buying the luxury brand products, participants who dealt with rude customer service reported negative attitudes toward the brand.

While the study's findings can empower consumers to make better buying decisions, Dahl said it's an important lesson for luxury retailers that they walk a fine line between trying to appear exclusive without alienating customers.

Dahl said he wanted to study the phenomenon after a personal experience trying to buy cologne in a high-end retailer two years ago.

Dressed in a "ratty T-shirt and jeans," Dahl said the salesperson took one look at him before proceeding to ignore him. Dahl said he ended up buying two bottles.

"I wanted to show that, you know, I can afford this," he said with a laugh.

Two options for signs that will go up at the entrances of park washrooms. COURTESY VANCOUVER PARK BOARD

Vancouver Park Board to put up universal washroom signs

Vancouver parks and recreation buildings will soon have unisex washrooms.

The Vancouver Park Board voted unanimously Monday night to go forward with removing signage from single-stall washrooms and change rooms, replacing them with more universal and gender-neutral signs.

The move comes after a working group report that put forth recommendations aiming to make community centres and park board facilities more inclusive for trans and gender-variant communities.

As part of the recommendations, the park board will expand universal change rooms and add more private stalls in all changing spaces in the city's park and recreation facilities.

Some community centres, like Killarney and Hillcrest, already have universal changing spaces. The report recommends building these alongside gender-specific rooms as facilities get upgraded throughout the years.

The city will also introduce trans-inclusivity training for staff, contractors and volunteers that interact with the public in park facilities.

THANDI FLETCHER/METRO WITH FILES FROM EMILY JACKSON/METRO

Deadly tornadoes ravage the Deep South as death toll rises

Southern U.S. The storm system is the latest onslaught of severe weather after a tornado devastated Little Rock, Ark., Sunday

A dangerous storm system that spawned a chain of deadly tornadoes over three days flattened homes and businesses, forced frightened residents in more than half a dozen states to take cover and left tens of thousands in the dark Tuesday.

As the storm hopscotched across a large swath of the U.S., the overall death toll was more than 30, killed Monday and Sunday in a band stretching from Oklahoma to Alabama.

Some awoke Tuesday to find their loved ones missing and their homes pulverized. In Louisville, firefighters picked through the remains of mobile homes, and 20 of them linked hands to wade through debris. Rescue workers stepped over downed power lines and broken trees.

With water and roof damage, the small local hospital's emergency room was evacuated Monday. "We thought we were going to be OK, then a guy came in and said, 'It's here right now,'" said Dr. Michael Henry, head of the ER. "Then boom! It blew through."

Just east of the hospital, a woman died at the daycare centre she'd run for seven years, according to the county coroner. One seriously injured child was evacuated from the centre, said state Rep. Michael Evans, D-Louisville, who is acting as a liaison for the county.

"You see this in movies," said Abby Tucker, 27. "You don't see it in your own backyard."

The storm system is the latest onslaught of severe weather a day after a tornado carved an 130-kilometre path of destruction through Little Rock, Ark., killing at least 15. Severe storms also killed one person each in Oklahoma and Iowa on Sunday.

THE ASSOCIATED PRESS

Dan Wassman gets a hug from a friend, Amy Lundsford, at the home site of his son, also named Dan, who was killed when a tornado destroyed his home late Sunday afternoon in Vilonia, Ark. Tornadoes ripped through the region Sunday, leaving many dead. MARK WILSON/GETTY IMAGES

Italian judge says Knox delivered 'mortal blow'

In this 2011 file photo, Amanda Knox gestures during a press conference in Seattle. TED S. WARREN/THE ASSOCIATED PRESS

The Italian appeals court that reinstated the conviction against Amanda Knox in her British roommate's 2007 murder said in a lengthy reasoning made public Tuesday that Knox herself delivered the fatal blow out of a desire to "overpower and humiliate" the victim.

Presiding Judge Alessandro Nencini concluded in a 337-page document that the evidence "inevitably leads to the upholding of the criminal responsibility" against Knox and her former Italian boyfriend Raffaele Sollecito for the murder of 21-year-old Meredith Kercher in a hillside villa occupied by students in the university town of Perugia.

The judge said the nature of Kercher's wounds, which he said were inflicted by two knives, and the absence of defensive wounds indicated multiple aggressors were to blame, also including Rudy Hermann Guede, an Ivorian man convicted separately and serving a 16-year sentence.

Nencini presided over the Florence-based panel that reinstated the first trial guilty verdicts against Knox and Sollecito in January, handing Knox a 28 and a half year sentence including the additional conviction on a slander charge for wrongly accusing a Congolese bar owner. Sollecito faces 25 years.

The release of the court's reasoning opens the verdict to an appeal back to the supreme Court of Cassation.

The University of Washington student has been in the United States since 2011, when her earlier conviction was overturned. Knox, 26, has vowed to fight the reinstated conviction, saying she would "never go willingly" to Italy to face her judicial fate. THE ASSOCIATED PRESS

The decision

Nencini's reasoning assigned the role of each assailant.

- Sollecito, now 30, used a small knife that caused a wound on Kercher's neck and also was used to remove her bra, the judge wrote, while Guede restrained and sexually assaulted the victim. Knox "delivered the only mortal blow," with a kitchen knife, the judge wrote.

Mass shooting

Six wounded in FedEx shooting

A FedEx employee wearing ammunition across his chest opened fire Tuesday at a package-sorting centre outside Atlanta, wounding six people, three critically, before committing suicide, police and witnesses said. THE ASSOCIATED PRESS

Botched execution

Death row inmate dies of heart attack

An inmate whose execution was halted because of a botched drug combination died of a heart attack, the head of the Okla. Department of Corrections said. Officials said Clayton Lockett had vein failure during the execution. THE ASSOCIATED PRESS

Colorado

BYOW: Like BYOB, but with weed

Saying it's bring-your-own-weed, the Colorado Symphony Orchestra will play a series of fundraising concerts sponsored by the state's growing pot industry.

In a statement Tuesday, symphony CEO Jerome Kern says they're part of efforts to reach a broader audience.

Listeners are encouraged to bring their own marijuana to smoke or eat. Smoking will be allowed at the private venues where the first two 21-and-up concerts will be held. Organizers say they will follow the rules at the final show at the publicly owned Red Rocks Amphitheater, where smoking is banned. THE ASSOCIATED PRESS

Mexico City

Thieves stopped by vigilante justice

Mexico City officials said Tuesday an unidentified man disarmed a thief trying to rob passengers aboard a bus, then shot him and another thief to death before fleeing.

The Mexico City officials said the bodies of two men were found at the scene late Monday, as were two pistols — one of them a toy.

Officials quoted witnesses saying the two men were allegedly robbing passengers at gunpoint when a bus rider wrestled a gun away from one thief, shot him and the accomplice. He has since been labelled "the anonymous avenger," or "Vengador Anonimo" in local media. THE ASSOCIATED PRESS

U.S. Coast Guard

Search halted for man who jumped off cruise ship

The U.S. Coast Guard has suspended its search for a 30-year-old American man who reportedly jumped off a cruise ship sailing between the Bahamas and South Florida.

Searchers covered more than 4,800 square kilometres since James Miller of South Carolina went missing from the ship Bahamas Celebration early Sunday. The search was suspended Tuesday.

The cruise ship owned by Celebration Cruise Line was sailing about 43 kilometres east of Florida's Delray Beach when Miller was reported missing.

The Coast Guard says he reportedly jumped over the railing of the liner.

THE ASSOCIATED PRESS

Uganda

President drafts measure to restrict civic groups

The Ugandan government has drafted a new bill to punish "errant" civic groups that meddle in domestic politics and promote "bad cultures," a senior government official said Tuesday, warning that groups deemed anti-government risk being driven out of this East African country.

Ugandan President Yoweri Museveni's government has had a difficult relationship with non-governmental organizations, especially Western ones.

If the measure is passed by parliament, civic groups will be required to declare all their sources of funding to local authorities, as well as how their money is spent. THE ASSOCIATED PRESS

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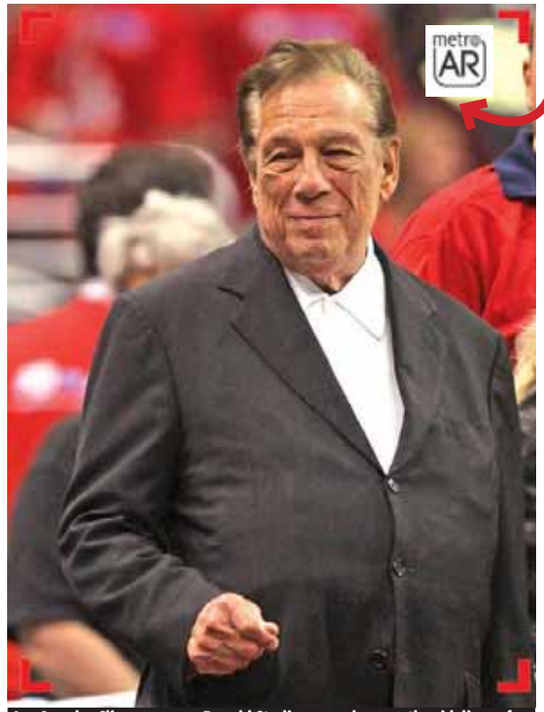


Los Angeles Clippers owner Donald Sterling, seen here on the sidelines of a 2012 NBA playoffs game, won't get to watch his team in the current playoffs after the NBA banned him for life in response to racist comments the league says he made in a recorded conversation. STEPHEN DUNN/GETTY IMAGES FILE

NBA clips Sterling's wings with lifetime ban

Racist comments. League commissioner says Clippers' owner acknowledged he was the man on the tape

Issuing about the strongest rebuke that he could, NBA Commissioner Adam Silver banned Los Angeles Clippers owner Donald Sterling for life Tuesday for making racist comments in a recorded conversation, the first step toward forcing a sale of the club and permanently removing Sterling from the league.

Silver also fined Sterling $2.5 million US.

Sterling, the league's longest-tenured owner and someone with an estimated net worth of about $2 billion US, did not offer any immediate comment.

Silver said a league investigation found that Sterling was in fact the person on the audiotapes that were released over the weekend.

Sterling still owns the team, but going forward he is immediately barred from attending any NBA games or practices, being present at any Clippers office or facility, participating in any business or player personnel decisions involving the team.

THE ASSOCIATED PRESS

Reaction

"This league is far bigger than any one owner, any one coach and any one player."

NBA Commissioner Adam Silver, speaking at a press conference Tuesday in New York City to discuss Los Angeles Clippers owner Donald Sterling.

Carriage driver accused of switching horse ID

Breaking the rules.
N.Y.C. driver may have used a younger horse's identity to keep an ailing 22-year-old horse at work

A horse is viewed as people protest against the use of carriage horses at Central Park on April 24 in New York City. SPENCER PLATT/GETTY IMAGES

New York City carriage driver Frank Luo branded the wrong hoof identification number on an aging horse named Ceasar, who was supposed to be resting on a Pennsylvania farm, so he could work under a licence issued to a 12-year-old horse named Carsen, city health officials said last month.

In the written order, officials said a city vet noticed in late January that the horse had Carsen's ID number on its hoof, but its "physical characteristics and medical condition was that of the older horse." Ceasar had a mild, chronic condition called "heaves," which is similar to asthma, city officials said.

Luo told The Associated Press on Friday that the vet simply got it wrong. "I did not switch the horses. It's just very confusing because they look alike," he said.

Initially, Luo submitted paperwork intended to prove that the horse really was Carsen, including a handwritten note from a Pennsylvania farmer who said Ceasar had been on his farm for months. The city asked for more proof, including a veterinarian's evaluation.

Five days later, Luo's lawyer informed the department that he couldn't afford to have the horse sitting idle and had shipped him to Pennsylvania and sold him.

The sale effectively ended the investigation by the Department of Health and Mental Hygiene, which monitors the horses' health. But the Department of Consumer Affairs, which regulates the drivers, is still investigating.

THE ASSOCIATED PRESS

South Korea's president apologizes for ferry disaster

South Korean President Park Geun-hye pays tribute to the victims of the sunken ferry Sewol at a group memorial altar in Ansan, South Korea. Guen-hye apologized Tuesday for the government's inept initial response to a deadly ferry sinking as divers fought strong currents in their search for nearly 100 passengers still missing nearly two weeks after the accident. The government also raised the death toll to 204 amid rising indignation over claims by the victims' relatives that the government did not do enough to rescue or protect their loved ones. YONHAP/THE ASSOCIATED PRESS

U.S. Senate

Rand Paul proposes end to Palestinian aid

A Republican senator is pushing legislation that would end U.S. aid to the Palestinians unless they renounce terrorism and recognize the state of Israel. Sen. Rand Paul introduced legislation on Tuesday that would cut off assistance, loan guarantees and debt relief to the Palestinian Authority or any affiliated government entity.

THE ASSOCIATED PRESS

Indianapolis airport

Three flights make emergency landings

Three aircraft made emergency landings at Indianapolis International Airport within one day. Airport spokesman Carlo Bertolini says a United Airlines regional jet landed Tuesday after reporting a possible problem with an auxiliary power unit. A military A10 aircraft also diverted to Indianapolis and a Delta flight to carrying 112 people was landed due to engine trouble.

THE ASSOCIATED PRESS

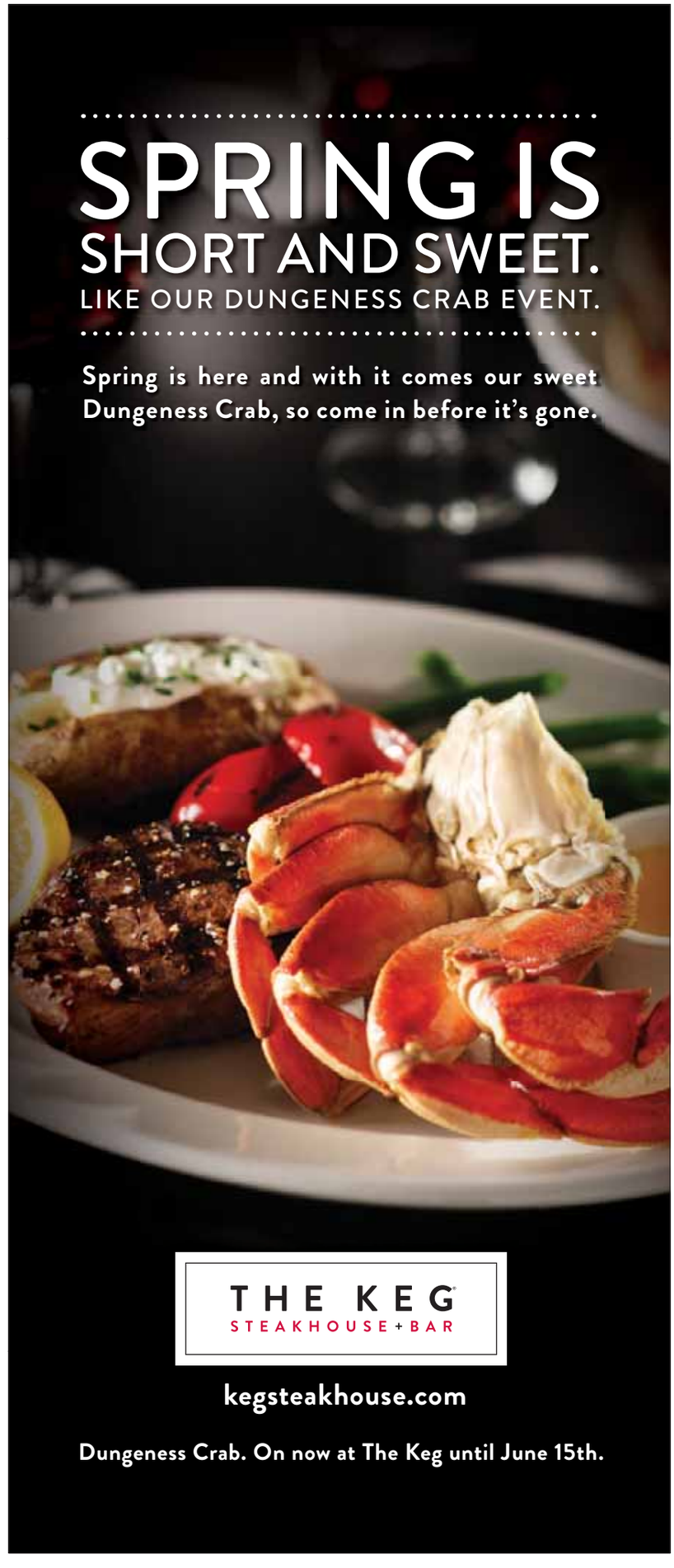
New York

Murder trial might review rap lyrics

Jurors at the New York City trial of an alleged drug kingpin could be hearing his amateur rap rhymes as evidence against him.

Prosecutors have asked a judge to allow them to use the lyrics at the trial of Ronald "Da Riggs" Herron. The government says gritty recordings by Herron bolster allegations he was a stone-cold killer.

THE ASSOCIATED PRESS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A BRAVE NEW EARTH

Why go to Mars? Futurists say the better question is: Why not?

ROBSON FLETCHER
Metro in Calgary

Peering into the coming decades, Glen Hiemstra has little doubt that humans will one day walk on Mars.

"It's a question of inevitability more than a question of feasibility," the Seattle-based author, consultant and founder of Futurist.com told Metro. "We will eventually go there."

While Hiemstra described the goal of the Mars One project to land settlers on the Red Planet in 2025 as "very ambitious," he also believes the timeline isn't all that far off.

"In my opinion, optimistically, it's the 2030s, not the 2020s," he said. "Realistically, it's probably the 2040s, 2050s before we've really assembled everything that we need."

Len Rosen, the Toronto-based author of 21st Century Tech Blog, foresees a similar timeframe for humanity's first footprints on Martian soil.

"The most optimistic people think in the 2030s — somewhere in that decade," said the 65-year-old Rosen. "I'm hoping I'll be alive to see it."

Questions of how aside, both Rosen and Hiemstra had similar answers when asked the bigger question: Why should we go to Mars?

Neither thought it likely that, in the immediate future at least, humans would need another planet to escape some calamity on Earth. Rather, they said, it's more a matter of satisfying our natural desire to explore.

"Curiosity is a huge part of our human nature," Rosen said. "Why do you climb a mountain to the top? You're not doing it because you feel you need to find something at the top of the mountain, other than the satisfaction."

Hiemstra said there is a certain "lifeboat aspect to settling somewhere else," adding that humanity will need another planet at some point in the distant, distant future, but for now that's not the main driver to send people to Mars.

"I think it's really driven more by the exploratory impulse," he said.

That impulse has been behind many past human achievements, Rosen noted.

"What drove us to learn how to build aircraft?" he said. "At the time I don't think anybody thought we needed to do it, but we did it. And now, what would be our world without air transport?"

WELCOME THE RED PL

A human expedition to Mars is proposed within the next 15 years. Over the next three days, Metro will take you on a pre-flight trip to show you how we'll get there, who might be first to go, and what it might be like when they arrive in this new frontier.

Spacecraft propulsion *of the past, present and future ...*

Faster and faster. The roughly seven-month trip to Mars is seen as one of the major challenges in sending people to the Red Planet.

Such a long journey will take a toll on astronauts, both in terms of exposure to high levels of space radiation and the long-term effects of microgravity on the human body. But scientists are researching all sorts of different ways to speed up spacecraft and cut down on the travel time. Here are some of the propulsion methods being considered:

Liquid-fuelled rockets

This is the type of propulsion that has been sending rockets off of the Earth's surface since the 1950s. It remains the most feasible and readily available method of powering spacecraft, although the challenge for interplanetary travel (rather than just putting craft in orbit) is that it requires both fuel and oxygen — and that can become burdensome to carry, as oxygen accounts for most of the mass in typical propellant combinations.

Ion/plasma thrusters

This approach to propulsion uses electric forces to hurl tiny charged particles at high speeds. Many satellites already use this technology to help stabilize their orbits. These thrusters have been eyed for extremely long-distance space travel, as they can provide small but continuous acceleration for months, even years. But a former NASA astronaut is working on a "Variable Specific Impulse Magnetoplasma Rocket" (VASIMR) he believes could one day reach Mars in just 40 days.

Nuclear fission

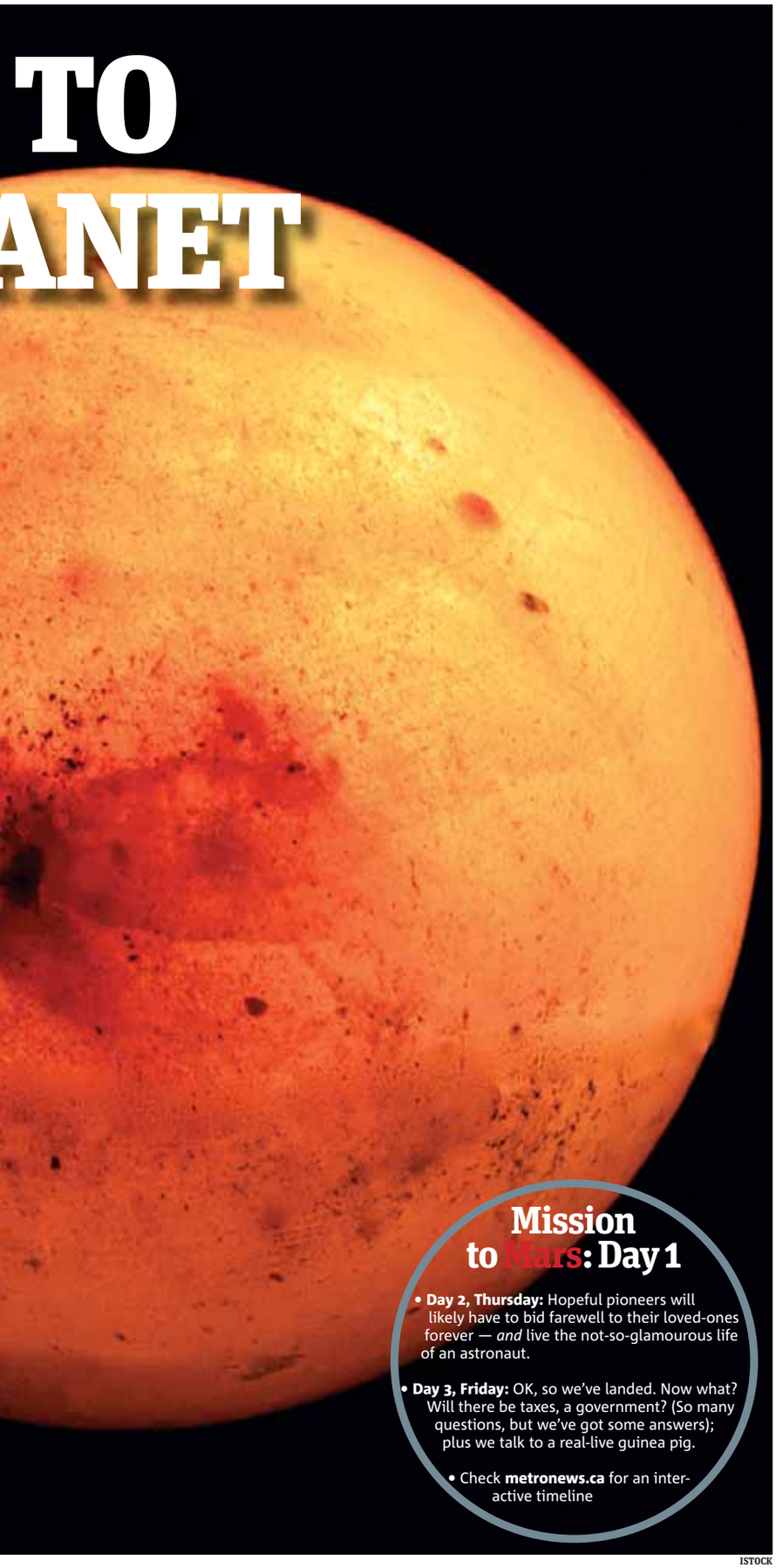
Splitting atoms to derive energy is an attractive option because a tiny amount of nuclear fuel can deliver an enormous amount of propulsion. The main challenge lies in safely controlling the fission reaction, as you don't want a meltdown in space. Nevertheless, NASA is working on a "Fission Fragment Rocket Engine" that it believes could provide "significant thrust" using "small amounts of readily available, energy dense, long lasting fuel."

Nuclear fusion

This process involves the smashing of atoms together rather than splitting them apart, but it is similarly attractive because it harnesses massive amounts of energy from small amounts of fuel. A deuterium-tritium fuel pellet the size of a grain of sand could deliver as much propulsion as a gallon of liquid rocket fuel from a "Fusion Drive Rocket" under development by NASA and the University of Washington.

Anti matter engine

Anti matter engines are largely the stuff of science fiction, but the NASA Institute for Advanced Concepts is funding a team of researchers who are looking into the possibility of such technology. The idea is to collide matter with antimatter, resulting in a complete annihilation of mass, all of which is converted to energy. As NASA writes on its website: "While tons of chemical fuel are needed to propel a human mission to Mars, just tens of milligrams of antimatter will do."



ISTOCK

Success rate climbing with successive missions

Historically, more missions to Mars have failed than succeeded, but the success rate is climbing as technology improves and new missions build on the lessons of previous ones.

NASA, itself, has seen a string of recent successes, from the Spirit and Opportunity rovers in 2003, to the Mars Reconnaissance Orbiter in 2007, to the famous Curiosity rover that landed in 2012 and has been sending back high-definition imagery ever since.

NASA's next major mission, named InSight, is set to launch in March 2016 with the goal of landing a robotic drill on the Red Planet that will probe five metres into Martian soil.

Working on the robot is Catherine Johnson, a professor of planetary geophysics at the University of British Columbia, who said the tricky task of safely placing a delicate lander on the surface of Mars is becoming easier in one sense, but harder in another.

"One of the things that is becoming more and more challenging — in a good way — is that we have more and more information about the surface of Mars now, at higher and higher resolution," she said.

"So our criteria for what is a safe landing site gets stricter and stricter."

But even with a perfectly calculated trajectory and an ideal location to land, Johnson said there's one curveball Mars can still throw at you — the weather.

"A planet with an atmosphere, even if it's only a thin atmosphere like on Mars, that atmosphere can be quite variable," she said. "You never know exactly what's going to be happening the day you land."

ROBSON FLETCHER/METRO IN CALGARY

Success and failures

In a "historical log" of 41 missions (not all of them landing missions) undertaken by various countries since 1960, NASA counts:

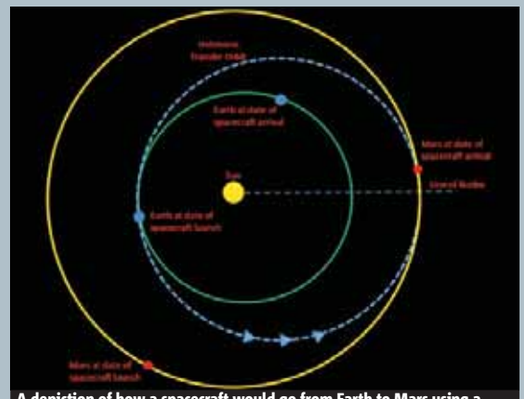
- **23** as having failed
- **16** as having succeeded
- **2** as "success/failure" for partially achieving their goals

An artist's conception of the stationary NASA Mars lander known as InSight, set to launch in March 2016 with the goal of drilling into the interior of Mars.

COURTESY NASA/JPL-CALTECH

Journey to Mars

Hundreds of millions of kilometres on a slingshot-trip around the sun



A depiction of how a spacecraft would go from Earth to Mars using a Hohmann transfer orbit.

IMAGE COURTESY GEORGIA TECH SATELLITE COMMUNICATIONS AND NAVIGATION COURSE

The trip to Mars is a long one.

Next to Venus, the Red Planet is the second closest to Earth, but the direct distance from here to there is still measured in the tens of millions — sometimes hundreds of millions — of kilometres.

That's because, as Earth and Mars each make their way around the sun, the distance between the two terrestrial planets varies widely.

At its closest, Mars can be about 55 million kilometres away. At its furthest, it's more than 400 million kilometres away. Earth has the inside track around the sun, orbiting every 365 days, while the Mars year is longer — roughly 687 days.

The difference between their orbital periods means that Earth "laps" Mars about once every 26 months.

These moments present an ideal launch window for spacecraft, although even then the journey is not a direct A-to-B path.

A typical trip to Mars follows what's called a "Hohmann transfer orbit," in which a spacecraft leaves Earth on one side of the sun, slingshots around the sun, and meets up with Mars on the far side of the sun from where it began. The entire journey spans hundreds of millions of kilometres and takes about seven months.

This is the route that Mars One plans to use.

According to its ambitious schedule, the non-profit foundation aims to launch unmanned spacecraft carrying equipment and robots to the Red Planet in 2018, 2020, and 2022, and then send the first crew of human settlers — on a one-way trip — in 2024.

ROBSON FLETCHER/METRO IN CALGARY

Who on earth would take a one-way trip to Mars? Find out in Day 2 of Mission to Mars

Mission to Mars: Day 1

- **Day 2, Thursday:** Hopeful pioneers will likely have to bid farewell to their loved-ones forever — *and* live the not-so-glamourous life of an astronaut.
- **Day 3, Friday:** OK, so we've landed. Now what? Will there be taxes, a government? (So many questions, but we've got some answers); plus we talk to a real-live guinea pig.
- Check **metronews.ca** for an interactive timeline

Canadian pleads for husband's release

Man held in Egypt.
Health of former Morsi aide failing after 300 days

A Canadian woman is pleading for federal help to convince Egypt to release her husband from captivity in a Cairo jail.

Sarah Attia says the health of her husband, Khaled Al-Qazzaz, is deteriorating.

Attia says she's growing more worried about his fate after word this week that more than 680 people with ties to ousted president Mohammed Morsi were added to a list of those facing death sentences.

Al-Qazzaz is a former aide to Morsi and a Canadian permanent resident.

He was arrested along with Morsi and eight other presidential aides early in July of last year when the Egyptian military removed Morsi from office.

Sarah Attia, wife of Khaled Al-Qazzaz. THE CANADIAN PRESS

While Al-Qazzaz has yet to be charged with any offence, Monday marked 300 days since his arrest.

Attia, who was born in Canada, was scheduled to meet Tuesday with Mississauga MP Stella Ambler.

Attia and Al-Qazzaz have four children ranging in age from one-and-a-half to eight years old. The two met while studying at the University of Toronto and moved to Egypt in 2005 to launch an educational project.

Al-Qazzaz campaigned for Morsi following the 2011 Egyptian uprising and was later appointed the former president's secretary on foreign relations.

"There is an increased concern that, any moment now, Khaled may witness trumped-up charges and, like others, face a death sentence as well," Attia told an Ottawa news conference.

She said she's aware that Foreign Affairs Minister John Baird recently raised Al-Qazzaz's case with the new Egyptian regime, but has no details of the discussions. THE CANADIAN PRESS

Price tag for jets could soar

An F-35 during the Joint Services Open House and Air Show at Andrews Air Force Base in Maryland. A new report says the operating costs of Canada's proposed new stealth fighter could be much higher than what the Harper government is acknowledging. BRENDAN SMIALOWSKI/GETTY IMAGES

Court of appeal

Khadr's status before court

Former Guantanamo Bay detainee Omar Khadr turns to Alberta's top court Wednesday in hopes of having his eight-year prison term recognized as a youth rather than an adult sentence. At issue before Alberta's Court of Appeal is whether Correctional Service of Canada has correctly interpreted the sentence handed down by an American military commission in 2010 after Khadr pleaded guilty to five war crimes he committed as a 15-year-old.
THE CANADIAN PRESS

Toronto

'Charity' branded terrorist group

A Canadian organization, the International Relief Fund for the Afflicted and Needy, has been formally branded a terrorist group before the start of a court battle over the revocation of its charitable status.
THE CANADIAN PRESS

Mercedes-Benz recalls 284,000+ C-Class cars

A Mercedes C-Class C350 sits on display at the New York International Auto Show in April 2011 in New York City. Mercedes-Benz is recalling more than 284,000 C-Class cars in the U.S. and Canada because the rear lights can fail. The recall affects some C300, C350 and C63 AMG cars from the 2008 through 2011 model years. The problem affects nearly 253,000 cars in the U.S. and another 31,000 in Canada. STORY: THE CANADIAN PRESS; PHOTO: RAMIN TALAIE/GETTY IMAGES

Feds constantly ask telecoms for info

Report. The privacy commisioner's office reveals government asks for customer data 1.2M times every year

The federal government asks Canadian telecom companies for private customer information about 1.2 million times each year, documents released Tuesday by the federal privacy commissioner's office show.

It is unclear how many of those requests are made without a warrant. But figures provided to the office in late 2011 show wireless telecom companies complied with the government's requests for customer data at least 784,756 times.

However, the actual total is likely even greater, since only three of nine telecom companies told the commissioner's office how many times they granted the government's requests for customer data. The numbers came to light Tuesday as Canada's acting privacy commissioner revealed that telecom companies have refused to disclose how often they release confidential customer information to the federal government without a warrant.

Chantal Bernier, the interim privacy commissioner, said her office has repeatedly asked telecom companies to disclose statistics and the scope of warrantless disclosure of data, but to no avail.

"I'm not disputing that there are times when there is no time to get a warrant — life is in danger," Bernier said.

"What we would like is for those warrantless disclosures to simply be represented in statistics so that Canadians have an idea of the scope of the phenomenon.'"

Bernier said the companies have only provided her office with aggregate data, which shows how many times the telecom industry as a whole gives the government customer information without a warrant.

THE CANADIAN PRESS

U.S. system

PreCheck comes to Air Canada

The U.S. Transportation Security Administration is expanding its PreCheck expedited screening program to passengers on international airlines.

Air Canada on Tuesday became the first international carrier to participate, with TSA officials saying other foreign airlines would soon sign on.

THE ASSOCIATED PRESS

Canadian content rules

This porn needs more maple syrup and Mounties stat!

Three TV channels specializing in pornography have been forced to enhance their Canadian content and closed captioning to meet CRTC guidelines.

A trio of AOV channels and two mainstream, non-pornographic channels are up for licence renewals.

TORSTAR NEWS SERVICE

Market Minute

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BY GEORGE! AT LAST, A UNION FORGED

JUST SAYIN'

Paul Sullivan
metronews.ca

I'm sure I'm not the only guy who ever wished he could be George Clooney, if only for a day.

A winning combination of intelligence, talent, wit, savoir faire, je ne sais quoi and all those other untranslatable French phrases, George tops it all off with matinee-idol good looks.

Not surprising. He's a matinee idol, duh.

Which is no small distinction. Matinee idols are a dying breed. All the other guys on the cover of GQ look alike and are called Hemsworth. George is the epitome of class at a time when class is 40 per cent off at the outlet mall. Who wouldn't want to be George?

Until now, George was also the world's most eligible bachelor. Apparently — I wouldn't know — that's tough. When the women of the world are throwing themselves at your feet, it can be a challenge, or so I hear. George handled the "too many women problem" by doing his best to date them all. And after a brief matrimonial experiment in the early '90s, he also tried to live with them all, one at a time, for two- to three-year stretches.

A selfless quest, if doomed to failure. There's just not enough George to go around. And, truth be told, at 53, he's not getting any younger. You could see it in Gravity. Sandra Bullock was the undisputed star and George was relegated to supporting role status as the kindly sidekick, sort of Buzz Lightyear with crinkles. Not wrinkles. George will never have wrinkles.

The signs are clear. The man who bet Michelle Pfeiffer $100,000 that he'd never get married again is ready to settle down. All those cocktail waitresses, supermodels and female wrestlers were OK when he was dating the entire female gender, but now he has to pick one.

And so he's focused that formidable charm on the world's smartest and most beautiful woman, who, in case you're wondering, is 36-year-old Amal Alamuddin. It's hard to believe she is just one woman. She tops the list of the 21 Hottest Barristers in London, was educated at Oxford, specializes in international law, speaks three languages, advises the Secretary General of the UN on human rights in Syria, represented ex-Ukrainian Prime Minister Yulia Tymoshenko and helped Wikileaks founder Julian Assange resist extradition to Sweden.

I imagine it's hard to pull the wool over Ms. Alamuddin's eyes, but when the wolf mounting the charm offensive is George Clooney, what can you do? You sigh, succumb, and go to meet mom. Who, by the way, approves of this prodigious combination of beauty and brains.

Of course, this is real life, not Hollywood. The union of the world's most eligible bachelor and the paragon of global jurisprudence does not, at first blush, look like a recipe for Happily Ever After. Amal better hope George's attempt to mate, er, date the planet is over, and George better hope he doesn't end up before a world tribunal on matrimonial war crimes. Still, today, it's all about congratulations and the triumph of class over crass.

ZOOM

Science experimantis

Newcastle University scientists research vision by outfitting a praying mantis with 3D glasses.
MIKE URWIN/NEWCASTLE UNIVERSITY

Q&A

"It's a test for their eyesight"

VIVEK NITYANANDA
Research associate at Newcastle University's Institute of Neuroscience

A praying mantis has been outfitted with the world's smallest pair of 3D glasses as part of an experiment to understand the insect's vision. Scientists from Newcastle University used beeswax to affix the five-millimetre-wide shades on the bug's head.

Here's what researcher Vivek Nityanada had to say about the experiment:

What inspired you to put 3D glasses on a bug?
We wanted to find out how three-dimensional vision has evolved. Like humans, praying mantises have 3D vision, or stereopsis. They are the only insects with such sight.

How did your mantis take to its new eyewear?
It tried to take them off at first, but eventually got pretty comfortable with them and went about its usual mantis business.

Do the glasses work?
So far, our results have been mixed. It's promising but we haven't nailed it down yet.

Maybe the insect will prefer the glasses, as a super-enhancement to its vision. (Laughs) It doesn't really change its eyesight for the better; we're just fooling it into misjudging depth. But the glasses do make them seem more sophisticated, and they definitely look weirder than they already are.

METRO

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MetroTube

Your money belt can't save you now

ANDREW FIFIELD
metronews.ca

Anybody who has travelled abroad has likely been warned about the skilled pickpockets who are hoping to ply your wares in the world's larger tourist havens.

But as this security footage shot in Thailand shows, keeping your belongings safe is more than just a matter of having your cash strapped to your belly and your belongings always in sight. Because a highly co-ordinated phalanx of thieves, complete with distraction games and carefully constructed props, makes for a formidable enemy.

ISTOCK

metro
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Mayor Gregor Robertson

Letter from the Mayor

On behalf of my colleagues on Vancouver City Council and the citizens of Vancouver, I want to offer my sincere best wishes to everyone participating in the BMO Vancouver Marathon on Sunday, May 4th. The BMO Vancouver Marathon is our city's oldest and only marathon event, dating back to 1972, when the original course made five loops around Stanley Park and hosted a close and dedicated group of 51 runners.

While we are proud of the event's history, we recognize that much has evolved since then. The 43-year-old event now draws 17,000 runners and includes a Half Marathon, 8 KM, Kids 1-Mile Fun Run and Health Sports & Lifestyle Expo. Two new Marathon and Half Marathon courses better showcase our city's parks and neighbourhoods, and a big downtown finish line on West Pender Street gathers runners, volunteers and spectators in a celebration of sport and community.

This weekend, I encourage non-runners to join the Vancouver International Marathon Society and volunteers at this world-class running event, which makes a valuable contribution to our economy, giving to local and international charities attracting athletes from around the world. Consider attending the Expo and Finish Line Street Festival on West Hastings, or gather friends and family to cheer runners along the spectacular course.

No matter what your plans are for the weekend, let's give thanks to all the volunteers and stakeholders who make this event possible, and to all the runners: Good Luck on Race Day!

Yours truly,

Gregor Robertson
MAYOR

Welcome Message

THERE ARE MANY WAYS TO ENJOY BMO VANCOUVER MARATHON WEEKEND

If your Sunday routine is a stroll through Stanley Park or around False Creek, consider taking a cowbell along with you this weekend. You could join about 90,000 other spectators who will cheer on over 17,000 runners as they compete in the 43rd annual BMO Vancouver Marathon.

The Marathon, Half Marathon and 8 KM races are happening in and around Vancouver this Sunday, May 4th, between 7:30 am and 4:00 pm.

Get up early enough and you may catch a glimpse of elite runners as they breeze through the course. Top contenders include returning champion Thomas Omwenga of Kenya (Marathon) and local stars Rob Watson (Half Marathon), Ellie Greenwood (Marathon), and young Olympic hopeful Natasha Wodak (Half Marathon).

Thirsting for even more action? There are many ways to experience Vancouver's only marathon weekend. From Thursday afternoon to Saturday evening, check out the free Health, Sports & Lifestyle Expo at Canada Place, where you'll sample food and check out the latest clothing and gadgets from the health and fitness industries.

On Saturday morning, the ever-popular Kids 1-Mile Fun Run is held in Devonian Park. On Sunday the Street Festival takes over West Hastings Street from 8:30 am to 2:30 pm. Just a half-block north from the finish line, this is the best place to reunite with the runners in your life. Visitors and passers-by are also welcome to enjoy the local acts, food sampling, Kids' Zone, community vendors, and Charity Village at the Street Festival.

Race organizers anticipate a big turnout of destination runners and spectators this year. Media outlets from around the world have profiled the event, each one remarking on the Half Marathon and Marathon's unique spirit of discovery. Both courses were revamped in 2012 based on a point-to-point design, which means that runners will constantly cover new terrain, exploring the eclectic neighbourhoods, landmarks, and natural landscapes of Vancouver.

Led by elite athletes, Marathon and Half Marathon runners take off from Queen Elizabeth Park and 8 KM runners from Stanley Park.

Charlene Krepiakevich
Executive Director, Vancouver International Marathon Society

Over the course of the entire day, three separate waves of runners (totalling about 17,000) make their way towards one finish line on West Pender Street, between Bute and Thurlow.

Imagine the excitement of thousands of runners streaming past your door! If you're not located near a course, meet your friends at a Spectator Hotspot (listed on page 4-5 of this guide). These are the best vantage points to view the race from.

With solid spectator attendance, a charity program, and extensive volunteer support, the BMO Vancouver Marathon has aggregated the communities we run (and play) in year-round for over four decades. So, whether you are a runner, volunteer, or simply want to take in Vancouver's oldest and only marathon event from the sidelines, look forward to this weekend's celebration and prepare to give away your high-fives—all 17,000 of them!

Charlene Krepiakevich
Executive Director, Vancouver International Marathon Society
BMO Vancouver Marathon

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25 Years of Half Marathon Running

This year, runners will celebrate the 25th anniversary of the Half Marathon as they cruise through eleven different neighbourhoods on the course, including Cambie Street, False Creek, Chinatown, the West End, and, of course, Stanley Park.

Although media outlets like *Forbes Magazine* have recently applauded the newly designed course, which showcases Vancouver's landmarks and popular local spots, loyal and returning runners have taken many different routes through the city over the years, from North Vancouver to East Vancouver and everywhere in-between.

The demand for a Half Marathon to be included in Vancouver's only and oldest marathon event reached its height in late 1989, when a local Vancouver Half Marathon run clinic was brought to the attention of Gordon Rogers, the Chair of the Vancouver International Marathon Society (Society). After much deliberation, Rogers decided to incorporate the Half in March of 1990—only two months before race weekend would begin!

In that first race, Half Marathon runners started alongside Marathon runners at BC Place Stadium. They then ran west through Stanley Park and looped back to BC Place, while Marathoners crossed the Lions Gate Bridge to North Vancouver, over the Second Narrows, and back through East Vancouver and towards downtown.

Over the next 20 years (1990 - 2010), various Half Marathon courses shared and overlapped with different parts of the Marathon. One year, Half Marathoners even made the trek out to North Vancouver, where they followed the last 21.1KM of the marathon course into the city!
As the race changed in form, it became increasingly popular with runners. The 1990 race saw only 51 finishers but this number increased to 3,317 in 2000 and 6,590 in 2005. In 2013, only one year after the Society redesigned both the Half Marathon and Marathon courses, 10,000 runners registered and 8,593 crossed the finish line. Despite being just half as old, the Half Marathon has doubled the size of the Marathon, becoming the fourth largest of its kind in Canada.

The BMO Vancouver Half Marathon holds a special place in the hearts of many local and visiting runners. Not only does the race hold a great legacy in Vancouver, but, by listening to years and years of runner feedback, the Society is able to offer a safe, memorable race experience for runners, not to mention much-needed support from spectators, city stakeholders, and over 4,000 volunteers—that's a lot of high fives!

Note: The above information was compiled by Frank Stebner together with Margaret Buttner, based on feedback from Gordon Rogers, Derek Hodge, Colin Atkinson, Bob Ferguson, and Maurice Wilson.

BMO | Vancouver Marathon

EVENT GUIDE 2014

Visit the FREE Health, Sports & Lifestyle Expo

The Expo is FREE and open to the public from Thursday afternoon until Saturday evening. See exact hours and location below.

Under the sails of Canada Place in downtown Vancouver, the Expo is a gathering place for runners, supporters, spectators, and visitors. Free and open to the public, the Expo is your community hub during race weekend: drop into the Expo from Thursday through Saturday to pick up your race package, meet friends, talk with experts, or sample products from health and fitness suppliers around the world.

Conveniently located, the Expo is easily accessed by car, Canada Line, Seabus, and SkyTrain.

EXPO HOURS AND LOCATION

Canada Place, Vancouver Convention Centre East, Hall C
Thursday, May 1: 4pm - 8pm
Friday, May 2: 11am - 8pm
Saturday, May 3: 10am - 6pm

LIST OF EXHIBITORS

5 Peaks Trail Running Series
AIMS/BC Athletics
BC Transplant Society
BLIZ ACTIVE Eyewear
BMO Bank of Montreal
Bondi Band
Canada Running Series
Canadian Running Magazine
Canadian Sports Imports
car2go
CEP Compression
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Destination Races
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Genuine Health
GoodLife Fitness Victoria Marathon
GranFondo Canada
King Island Coconut Water
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LadySport/FitFirst
Leaping Coyote Interactive Inc.
Liberté
Marathon Tours
MarathonFoto
Milk West
Mio Global
My Yoga Online
NeriumAD
NUUN
Odenza Travel
Peak Centre for Human Performance
PhD Nutrition
Podium Imports (SPI Belt)
Polar Electro Canada Inc.
Portland Marathon & Portland Marathon Half
PowerBar Canada
Rhineland Cutlery
Rock 'n' Roll Marathon Series
Rocktape Canada
Running Room
Sacramento Running Association
San Francisco Marathon
Saucony
Sea-licious Omega Oils
skinnygrape Wines
Solo GI Nutrition
SportMed
Sporty Jewels Ltd.
SPUD
Stanley Park Stakeholders
Sun Rype
Team Diabetes
BC Cancer Foundation's The Underwear Affair and Concrete Hero
Tebas Therapeutics
The Leukemia & Lymphoma Society of Canada
The Right Shoe
The Run Inn
The Stick
Time2Roll Inc.
Timex
Ultima Replenisher
Uncle Ben's
Vega
Vitamix
Yes Wellness
yurbuds Sport Earphones
Vancouver International Marathon Society - Souvenirs

Schedule of Events

WHEN	WHAT	WHERE
THURSDAY, MAY 1, 2014		
4:00pm – 8:00pm	Health, Sports & Lifestyle Expo	Canada Place Vancouver Convention Centre East, Hall C
FRIDAY, MAY 2, 2014		
11:00am – 8:00pm	Health, Sports & Lifestyle Expo	Canada Place Vancouver Convention Centre East, Hall C
SATURDAY, MAY 2, 2014		
9:00am	Frienship Run *Presented by the Running Room*	Devonian Park W Georgia St & Denman St
10:00am – 6:00pm	Health, Sports & Lifestyle Expo	Canada Place Vancouver Convention Centre East, Hall C
10:30am	Kids 1-Mile Fun Run *Presented by Saucony Kids*	Devonian Park W Georgia St & Denman St
SUNDAY, MAY 4, 2014		
6:15am	Half Marathon runners arrive for gear check	Queen Elizabeth Park, (Canada Line: King Edward Station & Oakridge-41st Station)
7:00am	Half Marathon	Queen Elizabeth Park, W 29th Ave at Midlothian Ave
7:45am	Marathon runners arrive for gear check	Queen Elizabeth Park, W 29th Ave at Midlothian Ave
8:30am	Marathon	Queen Elizabeth Park W 29th Ave at Midlothian Ave (Canada Line: Oakridge-41st Station)
8:30am – 2:30pm	Finish Line Street Festival	W Hastings St, between Bute St & Burrard St
9:00am	Half Marathon Trophies Ceremony	Finish Line / Announcer Tent W Pender St & Bute St
7:30am-8:30am	8KM runners arrive for gear check & shuttle service to the Start Line	W Hastings St @ Burrard St
9:30am	8KM Start	Lagoon Dr (between the Fish House & Stanley Park Pitch & Putt)
11:30am	Marathon Trophies Ceremony	Finish Line / Announcer Tent W Pender St & Bute St
11:00am	Half Marathon course closure	
4:00pm	Marathon course closure	

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BMO | Vancouver Marathon

Gear Check

Because the BMO Vancouver Marathon, Half Marathon & 8KM are point-to-point courses, we have organized a Gear Check for your convenience.

Gear check **Half Marathon** : Start Line, Ontario St @ W 33rd Ave – 5:45am-6:45am
Gear check **Marathon**: Start Line, Ontario St @ W 33rd Ave – 7:15am-8:15am
Gear check **8KM**: Finish Line, W Hastings St @ Burrard St – 7:30am-8:30am

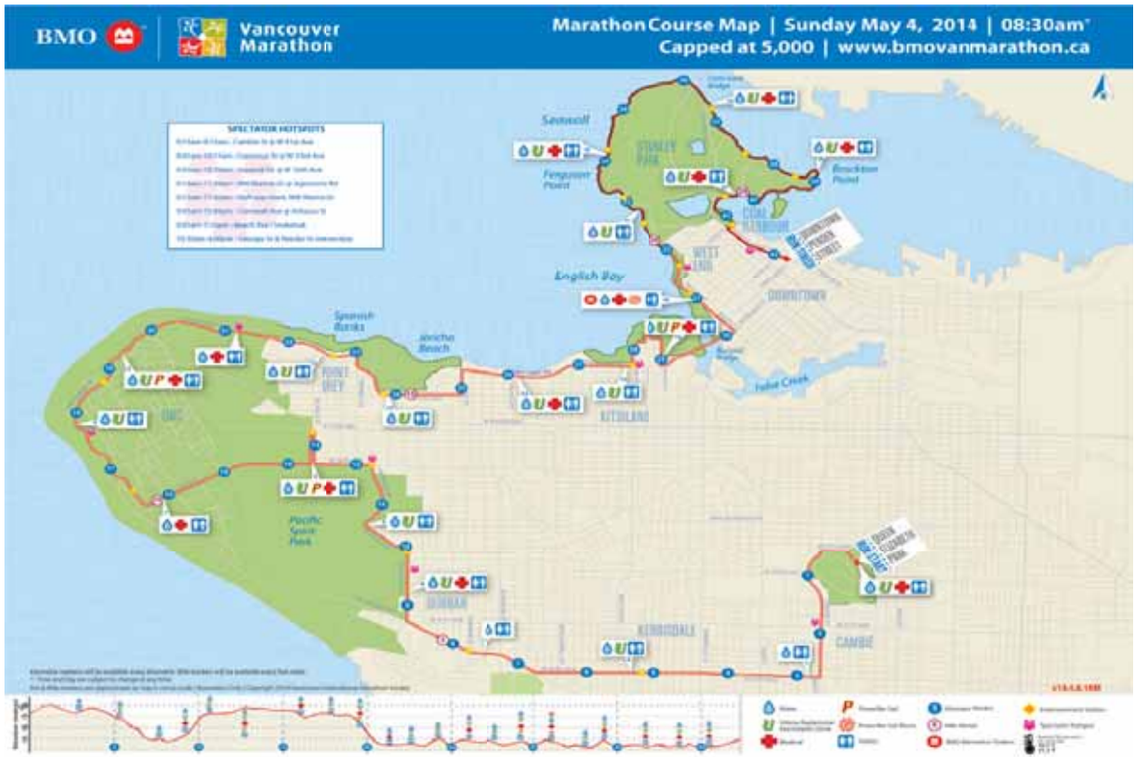
Bag-in-a-bag Procedure

1. Collect your clear plastic bag from Gear Check near the Start Line.

2. Put your gear into the provided 21" x 26" clear plastic bag.

3. Detach the label from your race bib and zip it to the bag.

4. Bring your bag to the Gear Check counter.



BMO
Vancouver Marathon
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Your Official Race Photographer
Remember to watch for our photographers along the course! Stop by our booth at the expo to get your copy of the course maps!
RUN VAN

EVENT GUIDE 2014

Entertainment on the Run

PLAYING TIME	LOCATION	ENTERTAINMENT GROUP NAME
7:00am – 8:15am	Cambie St & W. St	World Music Group – Drum Syndicate
7:00am – 8:40am	Homer St & Dunsmuir St	Gastown Riot
7:00am – 9:15am	Bute St & Beach Ave	TBD
7:00am – 9:15am	Beach Ave and Bidwell St	Coldwater Road
7:00am – 9:15am	Park Lane & Beach Ave	Carnival Band
7:15am – 10:30am	Pipeline Rd	Scary Lizards
7:15am – 10:30am	Stanley Park Dr & Pipeline Dr	Random Acts of Drumming
7:15am – 10:30am	Stanley Park Dr	Jason and the Diatonics
7:30am – 10:45am	Seawall	The Brass Action
8:00am – 9:30am	W 49th Ave & Maple St	Los Tambores
8:00am – 9:45am	SW Marine Dr & Dunbar St	Fiddlin Frenzy
8:30am – 10:15am	W 29th Ave & Camosun St	Erik and Eva
8:30am – 10:30am	W 16th Ave	Chibi Taiko
8:45am – 10:45am	Blanca St	Bloco Energia
8:45am – 11:15am	SW Marine Dr & Stadium Rd	Delta Drummers
9:00am – 11:30am	Newton Wynd & NW Marine Dr	Royal Academy of Bhangra
9:00am – 12:15pm	NW Marine Dr	Team 1040 Radio
9:15am – 12:15pm	NW Marine Dr & Sasamat St	Freddy Fuddpucker
9:15am – 12:25pm	Alma St & Point Grey Rd	Drive Street Band
9:30am – 1:00pm	Cornwall Ave & Arbutus St	Freedom95
9:30am – 1:30pm	Seawall	Momentary Lapz
	Seawall	Cadillac Jack
9:45am – 1:45pm	Seawall	The BC Trees
	Seawall	Persons of Interest
9:45am – 1:45pm	Seawall	Creole Jazz Band
10:00am – 2:15pm	Seawall	Studiocloud 30
10:00am – 2:45pm	Seawall	Valleyfyre
10:00am – 3:00pm	Seawall	Quickness
10:00am – 3:30pm	Denman Street &	PlayList
10:15am – 3:45pm	Bayshore Street	
10:15am – 3:45pm	West Hastings	The Beat 94.5 Radio
8:00am – 2:00pm	at Finish Street Festival	

CREDIT: RON SOMBILON

Running for Those Who Can't

Run4Hope is the BMO Vancouver Marathon's charity program with goals to raise funds for social impact and community good. Last year, Run4Hope raised over $520,000 for local and national charities. In the past decade, the event has fundraised over $12 million for charity!

Fostering a sense of community celebration in Vancouver in the months leading up to and on marathon weekend, the program consists of three different levels: National, Official and Community charities. With a vast selection of causes to choose from, runners are able to donate to any charity, as well as fundraise and run for a National or Official organization.

In turn, charities support their runners by sending volunteers on race day, creating a palpable spirit of community celebration and support along the race course.

Look out for Run4Hope participants on Sunday who will run on behalf of their charity, and watch for volunteers representing our different charity levels, especially at water and marshal stations!

CREDIT: RON SOMBILON

Thank you to all our charity partners.

NATIONAL CHARITIES

- Canuck Place Children's Hospice
- Down Syndrome Research Foundation
- Habitat for Humanity Greater Vancouver
- Team in Training: Leukemia & Lymphoma Society of Canada
- Ronald McDonald House BC

OFFICIAL CHARITIES

- Canadian Cancer Society
- Canadian Mental Health Association
- Josh Platzer Society for Teen Suicide Prevention & Awareness
- San Diego Zoo Global Wildlife Conservancy
- Team Diabetes, Canadian Diabetes Association
- Team Finn
- Team Fox: The Michael J. Fox Foundation for Parkinson's Research
- Team World Vision
- The Kidsafe Project Society

COMMUNITY CHARITIES

- 'NSTEP to Prevent Childhood Obesity
- BC Epilepsy Society
- BC SPCA
- Boys and Girls Clubs of South Coast BC
- Heart & Stroke Foundation
- Make-A-Wish Foundation, BC & Yukon
- Quest Food Exchange
- Take a Hike Youth at Risk Foundation
- The Arthritis Society
- The Kidney Foundation of Canada, BC Branch

#RUNVANSUPERFAN

Snap up some pics on race weekend and show us your spirit! Signs, tweets, smiles, cheers and high-fives are all encouraged. **Have fun!**

#BMOVanMarathon #RunVanSuperFan # RunVan

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AFTER

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Elite Writeup

HALF MARATHON: AISSA DGHOUGHI OF MOROCCO CHALLENGES RETURNING CHAMPION PAUL KIMUGUL OF KENYA AND LOCAL STAR ROB WATSON.

Paul Kimugul, who broke the Half Marathon event record last year with a time of 1:04:18 and just won the Vancouver Sun Run a week ago, is returning to defend his title and beat his time. Ontario's Rob Watson, now training in Vancouver and ranked second in the country with a personal best time of 1:03:22 (New York, 2013), will challenge Kimugul for the first time in Vancouver.

But perhaps the real challenge is brought by last-minute addition Aissa Dghoughi, whose personal best of 1:01:27 proves he may be the one to beat this year.

MARATHON: ELLIE GREENWOOD RETURNS FROM INJURY AND CANADIAN MEN IN CLOSE COMPETITION WITH KENYA, ETHIOPIA.

In the Marathon, the 2013 champion and four-time winner Thomas Omwenga of Kenya will return to defend his title and winning time of 2:24:09. Up against Omwenga is fellow Kenyan Gilbert Kiptoo who has run the Marathon three times (2010, 2011 and 2013). Kiptoo's best time of 2:09:50 was achieved in Dublin in 2011.

Tsegaye Dissasa from Ethiopia (new to the event) will be great competition for the Kenyans. Dissasa boasts a personal best time of 2:15:41 and recently ran a marathon in March in his hometown, Addis Ababa, with a time of 2:18:00.

Local favourites, Ryan Day (third place in 2012 with 2:29:22), and Richard Mosley (personal best of 2:19:52 in Sacramento, 2010) will be amongst the challengers. The Marathon event record stands as 2:13:14 and was set in 1980.

Local resident and British citizen Ellie Greenwood will return to compete in the Marathon. Greenwood won the BMO Vancouver Marathon in 2012 with a time of 2:42:16 and intended to run in 2013 but was unable to compete due to injury. Wayinshet Hailu of Ethiopia will be Greenwood's number one challenger with a personal best of 2:38:39. The women's Marathon event record was set in 2007 at 2:35:50.

Who to watch?

MALE HALF MARATHON ATHLETES

Paul Kimugul (KEN), 1:04:18 (Bib # 10001)
Rob Watson (CAN), 1:03:22 (Bib # 10006)
Aissa Dghoughi (MOR), 1:01:27 (Bib # 10015)
Kip Kangogo (KEN), 1:03:22 (Bib # 10005)
Dancan Kasia (KEN), 1:06:09 (Bib# 10007)

FEMALE HALF MARATHON ATHLETES

Allison Macsas (USA), 1:15:31 (Bib# 10052)
Kate Bazeley (CAN), 1:16:24 (Bib# 10053)
Lioudmila Kortchaguina (CAN), 1:10:50 (Bib# 10054)
Lucy Smith (CAN), 1:13:35 (Bib# 10057)
Lisa Brooking (CAN), 1:20:23 (Bib# 10056)

Who to watch?

MALE MARATHON ATHLETES

Thomas Omwenga (KEN), 2:10:44 (Bib # 1)
Gilbert Kiptoo (CAN), 2:09:50 (Bib #5)
Birahnu Mekonnen (ETH), 2:15:41 (Bib #2)
Ryan Day (CAN), 2:09:55 (Bib # 12)
Lamech Mosotoi Mokono (KEN), 2:13:28 (Bib # 4)

FEMALE MARATHON ATHLETES

Ellie Greenwood (UK), 2:42:15 (Bib # 55)
Jennifer McCormack (CAN), Distance Debut (Bib # 52)
Kimberley Doerksen (CAN), Distance Debut (Bib # 53)
Wayinshet Abebe Hailu (ETH), 2:38:39 (Bib # 54)
Ailsa MacDonald (CAN), 2:48:16 (Bib # 56)

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[1] Available from Thursday to Saturday during Expo hours only.

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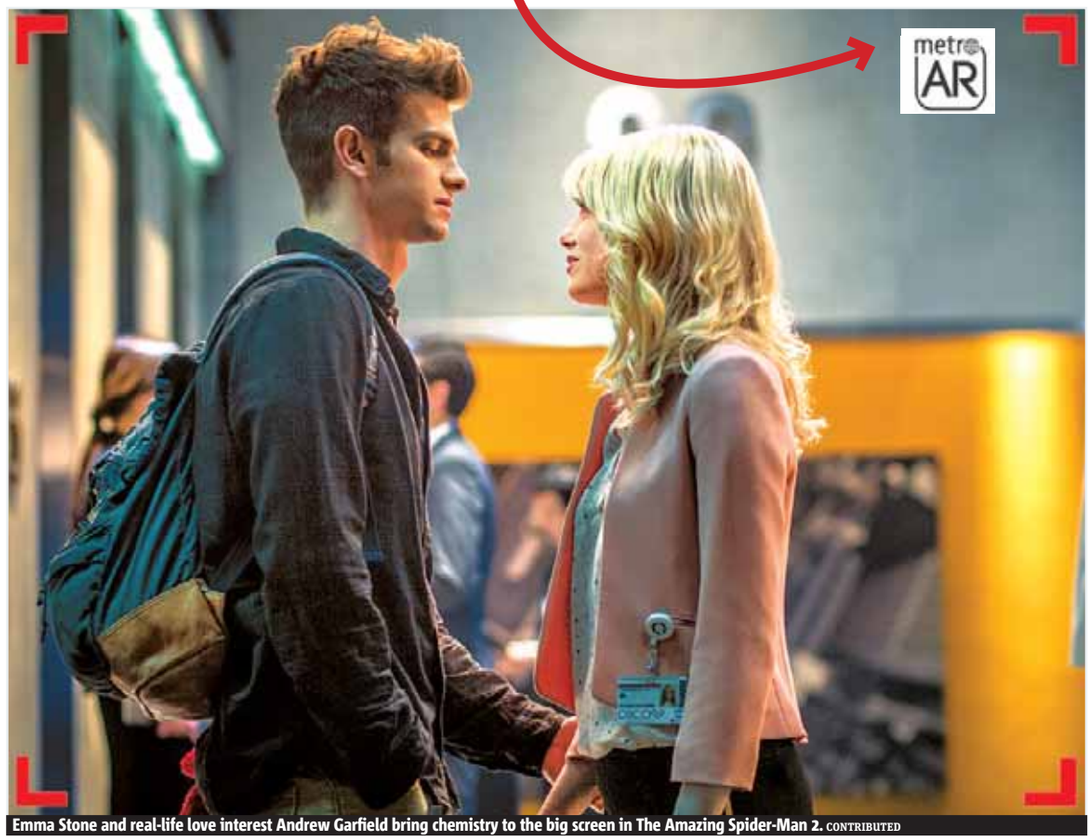
See that symbol? It means you can scan the photo below with your Metro News app. Andrew Garfield talks about becoming Peter Parker

Stone shines in every role

From The Help to Spider-Man. Whether the role demands Lucille-Ball-style screwball comedy, fiery rage and indignation or sizzling chemistry, Emma thrives

IN FOCUS
Richard Crouse
scene@metronews.ca



Emma Stone and real-life love interest Andrew Garfield bring chemistry to the big screen in The Amazing Spider-Man 2. CONTRIBUTED

The Spider-Man movies don't skimp on the stuff that puts the "super" into superhero movies. There's web-slinging shenanigans and wild bad guys galore, but The Amazing Spider-Man 2 director Marc Webb calls the relationship between Spidey and girlfriend Gwen Stacy, "the engine of the movie."

The chemistry the real-life couple brings to the screen is undeniable, but it almost didn't get a chance to blossom. Before Stone landed the role of the brainiac love interest, Mia Wasikowska, Imogen Poots, Emma Roberts and even Lindsay Lohan were considered.

Stone won some of the best reviews of her career playing Gwen in The Amazing Spider-Man — Peter Travers said she, "just jumps to life on screen" — in a role that gave her the biggest hit of her career to date.

Smaller roles in Superbad and Zombieland hinted at her ability to be funny and hold the screen, but in 2010's Easy A she turned a corner into full-on Lucille Ball mode, mixing pratfalls with wit while pulling faces and cracking jokes. Smart and funny, she's the film's centrepiece.

The movie begins with the voice over, "The rumours of my promiscuity have been greatly exaggerated." It's the voice of Olive (Stone), a clean-cut high school senior who tells a little white lie about losing her virginity. As soon as the gossip mill gets a hold of the info, however, her life takes a parallel course to the heroine of the book she is studying in English class — The Scarlet Letter.

Stone is laugh-out-loud funny in Easy A, but her breakout film was a serious drama.

In The Help, she plays Jackson, Miss. native "Skeeter" Phelan who comes home from four years at school to discover the woman who raised her, a maid named Constantine (Cicely Tyson), is no longer employed by her family. Her mother says she quit, but Skeeter has doubts. With the help of a courageous group of housekeepers she tells the real story of the life of the maids, writing a book called The Help.

The Flick Filosopher called her performance, "on fire with indignation and rage," and she moved from The Help to a variety of roles, including playing a femme fatale in Gangster Squad opposite Ryan Gosling and Josh Brolin, and lending her trademark raspy voice to cave girl Eep in the animated hit The Croods.

The 25-year-old actress is living her childhood dream of being an actress but says if performing hadn't worked out, she would have been a journalist, "because (investigating people's lives is) pretty much what an actor does. And imagine getting to interview people like me," she laughs. ''It can't get much better than that."

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WESTJET

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The cast of Star Wars: Episode VII includes up-and-comer Oscar Isaac. GETTY IMAGES FILE

Star Wars: Episode VII Cast finally announced

Star Wars: Episode VII finally has its stars. May the Force be with them.

After months of carefully guarded secrecy and endless Internet speculation, Lucasfilm and Walt Disney Co. unveiled the cast of the latest incarnation of the space epic Tuesday on the official Star Wars website.

Starring in J.J. Abrams' new Star Wars are: John Boyega, Daisy Ridley, Adam Driver, Oscar Isaac, Max von Sydow, Andy Serkis and Domhnall Gleeson.

The companies declined to name the characters each will play, though Driver, the breakout star of HBO's Girls, is widely expected to be playing the film's feature villain.

They join returning Star Wars veterans Harrison Ford, Mark Hamill and Carrie Fisher. Peter Mayhew is also back as Chewbacca and Kenny Baker will reprise R2-D2.

Star Wars: Episode VII, which will be set 30 years after 1983's Return of the Jedi, will be released in December 2015. Disney acquired Lucasfilm in 2012, and immediately put a new Star Wars trilogy into development. THE ASSOCIATED PRESS

Justice League. Will Matt Damon don green tights for the role of Aquaman?

Rumours have it that Matt Damon could be slated to join his longtime friend Ben Affleck on the set of Zack Snyder's forthcoming superhero movie. That's the buzz on TheWrap.com.

Matt Damon could board Justice League, the feature on the DC Comics superhero team, along the same lines as Marvel's Avengers. The speculation should be regarded as such, however, especially since the character he is thought to play is not even guaranteed to appear in the movie.

Damon may be in line to play Aquaman, king of the underwater city of Atlantis, whose superpowers include telepathy and superhuman strength.

If the rumours are true, Damon will co-star with Ben Affleck and Henry Cavill, who are expected to return as Batman and Superman respectively.

The other persistent rumours surrounding Justice League pertain to its possible release date. While Latino Review thinks the feature will be in theatres on May 5, 2017, the Wall Street Journal indicates that the feature will be released in 2018 at the earliest. AFP

Matt Damon is rumoured to be on board for the upcoming Justice League film. ANNE-CHRISTINE POUJOULAT/ AFP

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HBO

Game of Thrones sets ratings record

The HBO fantasy series Game of Thrones achieved a new record audience with the fourth episode of its fourth season, entitled Oathkeeper, which aired on Sunday, April 27.

The broadcast was watched by close to seven million viewers at 9 p.m., and the total audience number climbed to 8.4 million when taking into account viewers of rebroadcasts through the night. AFP

Season 4, Episode 4 of Game of Thrones was the most-watched yet. HBO

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Donald Sterling's girlfriend, V. Stiviano, reads Metro?

THE WORD
Dorothy Robinson
scene@metronews.ca

After the audio tapes of Clippers' owner Donald Sterling spewing racial slurs hit, his alleged girlfriend and leaker of those tapes, V. Stiviano, made her Instagram account public for the world to see. And if you haven't looked at it, you should. It is truly weird and obnoxious — she overuses hashtags more than a 13-year-old girl.

After some sleuthing, we stumbled upon this shot of her reading a Metro with the caption, "I'm searching for love in the classified section!"

We at Metro want you to know we don't support people like Donald Sterling advertising in our classified section. She must have found him some other way. Maybe racistsugardaddyforme.com?

Even George's family is stunned he proposed

George Clooney

So how did committed bachelor George Clooney end up feeling compelled to propose to girlfriend Amal Alamuddin after just six months of dating? That's a mystery even his own family can't solve.

"This woman must be exceptionally special to him for him to take the plunge. He hasn't seen her very long. In the past there has at least been some sort of length of time," the actor's aunt, Starla Clooney, tells Radar Online. "I'm just as surprised as the rest of the world. George was going to be a bachelor his whole life."

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LIFE 3

See that symbol? It means you can scan the photo below with your Metro News app for more images from North Carolina's Outer Banks

Outer Banks offers different strokes for different folks

More than just a golf destination. Once you've tired of swinging the sticks, there's still plenty more to take in on a trip to North Carolina's rugged coastline

BRIAN KENDALL
canadiangolftraveller.com

Even for golfers determined to spend every possible moment swinging the sticks, the Outer Banks of North Carolina offer other attractions too essential to ignore.

Foremost among them is the Wright Brothers National Memorial, set on the now hallowed ground near the beach town of Kitty Hawk where Wilbur and Orville Wright launched the first powered air flight in 1903.

A stone pillar marks the precise spot of that epochal liftoff, and the site's prize attraction is a full-scale replica of the Wright Flyer, their first primitive aircraft. The Wright brothers are credited with making famous this sun-drenched 320-kilometre-long chain of barrier islands, just off the coast of North Carolina and a small stretch of Virginia.

Nags Head Golf Links is cruelly exposed to the turbulent waters of the Atlantic and offers a challenging 18-hole game. ALL PHOTOS: CONTRIBUTED/PLAYOBXGOLF.COM

Today, the coastline's white sand beaches, lighthouses, oyster houses, quaint shingle-sided inns and outstanding golf courses are year-round attractions — although peak season runs from May through September. Capricious winds off the turbulent waters offshore, known as the Graveyard of the Atlantic, frequently bedevil golfers at the popular oceanfront courses of OBX, as tourism marketers have branded the Outer Banks.

Most cruelly exposed to the elements is Nags Head Golf Links, a Scottish-style design where several holes play alongside Roanoke Sound. Golf Digest called architect Bob Moore's layout "the longest 6,126 yards you'll ever play."

Another seaside beauty is Currituck Club, a dramatic Rees Jones design that sweeps across 600 acres of dunes, wetlands, maritime forests and sound seascapes.

High seas swept ashore another of the coast's unique attractions. Wild horses, descendants of Spanish mustangs that survived 16th-century shipwrecks, freely roam the dunes of Swan Beach, North Swan Beach and Carova Beach. Jeep tours offered from the nearby town of Corolla provide a close-up look at the tenacious survivors of a herd that once ranged throughout the barrier islands.

Where to stay

Many visitors rent beach houses through local agents. Popular inns include Nags Head Inn and Hilton Garden Inn in Kitty Hawk. But gorgeously remodelled Sanderling Resort, a beachhouse-style property just outside the town of Duck, is especially memorable. Three pools and a wraparound deck overlook an uninterrupted strand of prime Atlantic beachfront.

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Earthy and buttery flavours mingle

Porcini-Dusted Fish with Brown Butter Sauce. Use dry mushrooms to create a unique taste

DINNER EXPRESS
Emily Richards
food@metronews.ca

Dried mushrooms offer up a delicious woodsy flavour to fish and the brown butter sauce makes the experience over the top in taste. You will find dried mushrooms in the produce section of the grocery store for this Porcini-Dusted Fish with Brown Butter Sauce recipe.

These fillets are a generous 6 oz (175 g) portions, a bit larger than the 5 oz (150 g) portions sold in stores. Buying larger fillets and cutting them at home gives you that advantage to enjoy a little more fish. Or you can also serve up six 4 oz (125 g) portions with this same recipe.

FLASH FOOD
From your fridge to your table in 30 minutes or less

Ingredients

Fish
- 1 pkg (14 g) dried wild mushrooms
- 1 tbsp (15 ml) finely chopped fresh coriander
- 1 1/2 lbs (750 g) fresh fish such as pickerel, cod or trout
- 1/2 tsp (2 ml) kosher salt
- 3 tbsp (45 ml) butter

Spinach Skillet Side
- 1 tbsp (15 ml) canola oil
- 2 cloves garlic, minced
- 1 tbsp (15 ml) minced fresh ginger
- 1 bag (8 oz/227 g) baby spinach leaves
- 1/2 tsp (2 ml) hot pepper sauce (optional)

Fish

1. In clean coffee grinder, grind dried mushrooms to a fine powder. Place in small bowl and add coriander; set aside.

2. Using sharp knife, cut fish into 4 equal portions if fillets are large. Coat each piece with mushroom mixture and place in baking dish. (Make-ahead: Cover and refrigerate for up to 4 hours).

3. Sprinkle fish with salt. In a large nonstick skillet, melt 2 tbsp (25 ml) of the butter over medium-high heat until just starting to brown. Add fish, skin side down, if any and cook for 3 minutes. Transfer to parchment paper lined baking sheet and roast in 425 F (220 C) oven for about 10 minutes or until fish is opaque and flakes easily when tested.

Spinach Skillet Side

A gingery garlic zing matches nicely with spinach to serve up as a side dish for many meals. The added kick of hot pepper sauce adds an almost mellow balance to the dish.

For an added kick, add more hot pepper sauce before serving this side dish.

To make ahead: Cook up the spinach and then let it cool and refrigerate for up to 1 day. Simply warm it up in a skillet or microwave the next day.

1. In a large non-stick skillet, heat the canola oil over medium heat and cook garlic and ginger, stirring for about 2 minutes or until softened.

2. Add the baby spinach and hot pepper sauce and cook, stirring for about 5 minutes or until spinach is wilted.

This recipe serves four. EMILY RICHARDS

Fresh route to haddock

If you're contemplating a fresh approach to breaded and baked haddock, turn to the mandoline to render a potato fit for pairing with the fish.

In any other form, potatoes would be too robust for a delicate baked fish. But shaved paper thin, then wrapped around the fish, the potato slices become a deliciously crisp edible wrapper.

Just one caution — there is a reason mandolines come with a hand guard for holding the vegetables while slicing. They are extremely sharp and it's easy to cut yourself.

This recipe makes four servings. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients
- 1 tbsp canola or vegetable oil
- 2 medium Yukon gold potatoes
- 1 tbsp Dijon mustard
- 1 tbsp mayonnaise
- Salt and ground black pepper
- Dried thyme
- 1 1/4 lbs haddock fillets (about 2 large fillets)

1. Heat oven to 400 F. Add oil to large cast-iron skillet, then place skillet in oven to heat.

2. Meanwhile, use mandoline fitted with the thinnest slicing blade to slice the potatoes into very thin rounds. The potato rounds should be as close to paper thin as possible. Set aside.

3. In a small bowl mix mustard and mayonnaise. Set aside.

4. Remove skillet from oven and carefully cover bottom of it with single layer of potato slices, overlapping edges slightly. Season the potatoes with a bit of salt, pepper and thyme.

5. Use paper towels to pat dry the haddock fillets, then brush the mustard-mayo mixture over both sides of the fish. Place the haddock over the potatoes in the skillet, then arrange a second layer of potato slices over the fish, covering it entirely. Season the potatoes with salt, pepper and thyme, then mist them with cooking spray.

6. Return the skillet to the oven and bake for 14 minutes. Increase the oven to broil and cook for another 2 to 3 minutes, or until the potatoes are nicely browned. Divide the haddock into 4 pieces, being careful to leave the potatoes in place as you serve the fish.

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metro

A need-to-know for workers-in-waiting

Aspiration ammo. Four facts every job seeker should know before heading out on the hunt

SHAHEERAH KAYANI
TalentEgg.ca

There's no denying the fact that many hires happen by way of having an 'in' with an organization. Avoid being left out of the loop by getting your name out there as often as you possibly can. ISTOCK

While job hunting is no easy task, knowing the following four facts will help you determine how to best leverage your job seeking methods and up your chances of landing that dream job.

51 per cent of job seekers who use only one method of job-hunting gave up on their job hunt by the second month

According to jobhuntersbible.com, 51 per cent of those who use only one method of job-hunting gave up on their job hunt by the second month.

On the other hand, from the job seekers who are using at least two or more methods, only 31 per cent abandon their search by the second month.

Researchers discovered that job search success rises with each additional method that you use, but only up to four methods.

If you start using five or more job search methods, it will start to hurt your chances of landing a job.

Tip: To maximize your chances of successfully getting a job, devote your time to four proven job search outlets such as networking, LinkedIn, your school's job board and social media.

Most jobs aren't filled by recruiters picking your resumé online

Very few jobs are actually filled by employers or recruiters finding job seekers who posted their resumé on a job board or resumé database.

These databases scan hundreds of resumés for key words, and it next to impossible to make your resumé stand out in this way.

Tip: Instead of posting your resumé on several job boards, a much more effective tactic is to email your resumé to an actual recruiter who will read it with the human eye.

80 per cent of all positions are filled without employer advertising

Employers don't advertise many jobs because it saves time, energy and money during the whole hiring process. There's little need to advertise a job when an employer can simply hire people that they know, or get reliable references, or hire people who actually reach out to them directly.

Tip: Make sure you are always making valuable connections and keeping in touch, whether it's with your professors, past employers or recruiters working at your companies of interest.

Try following up with and contacting recruiters by introducing yourself, outlining your career aspirations and asking for an informational interview.

Reach out to your school's alumni network and start a friendly chat with a fellow grad in your field of interest to learn more about how they transitioned into the workplace. After all, they were once in the same position as you and will be able to give you sound advice.

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Tell me on a Sunday please

There's an ideal time to send that email:

- If you are going to be emailing your resumé or reaching out to a recruiter, the best time to email them is on a Sunday or early in the morning.
- As not too many messages come in on Sunday, yours will have a higher chance of getting read.
- According to Alex Moore, CEO of Baydin (an email management service), emails sent between 6 a.m. to 7 a.m. are about three times more likely to be opened than emails sent at 4 p.m. Most employers check their emails in the morning, so make sure yours is right at the top of the pile.

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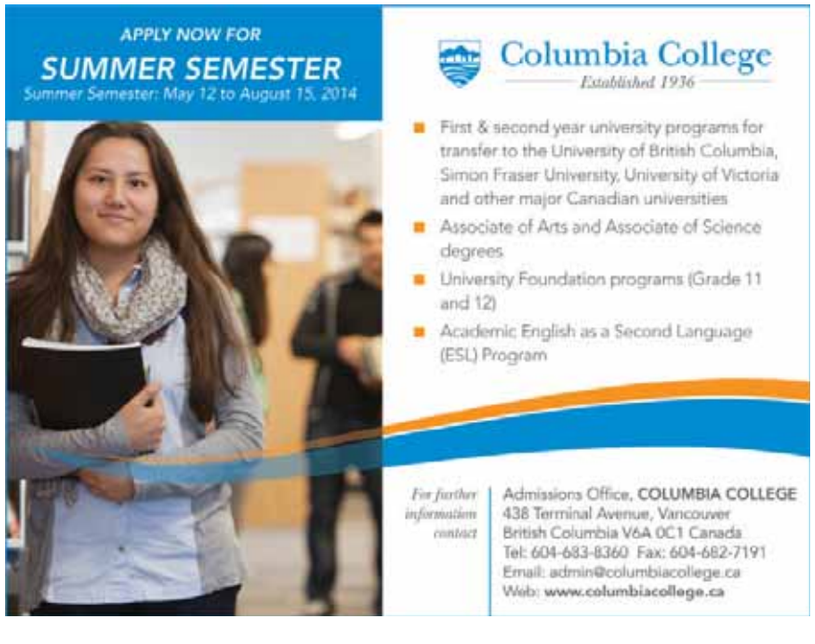
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'Round the world wisdom

List the carrots and sticks to help you stick to your goals

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

Keep your list of pros and cons top of mind to keep yourself motivated. ISTOCK

I took on running the Gobi with enthusiasm but within a month, before having experienced any of the tangible physical benefits from my training, I was already losing my drive.

The law of diminishing intentions was in full flight — my life was getting in the way of my training. It was challenging to anchor new habits into an already full schedule. For most of us, as it was for me, change is hard without leverage.

My main mistake was that I didn't give myself enough reasons to change my calendar to suit the project.

I had jumped in with a healthy naiveté, and now I needed to do what I should have done prior to taking on the project. So I listed all the pros and cons of running the Gobi. The list was obviously heavily tilted in favour of doing it.

I then flipped the equation and listed the pros and cons of *not* running it. It allowed me to visualize the rewards of running the Gobi and also brought to light the cost of not following through with my goal.

I needed the list of carrots and sticks to be exhaustive as possible in order to bank all these reasons for the days when I would inevitably falter, or just not want to train.

I posted the long list on my home office wall so it would be in my face — a perpetual reminder for the duration of the project.

And even though there were far more reasons to run the Gobi than not, at times when my willpower wavered, I re-read the list and renewed my commitment.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

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Thursday, May 1, 12 p.m. – room 518	Downtown
Thursday, May 8, 12 p.m. – room 518	Downtown
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Saturday, May 3, 11 a.m. – room 420	Downtown
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What green can mean to your team

Plant some productivity. Stopping to smell the flowers may be as important to an office worker as it is to an outdoor wanderer

SIDNEYEVE MATRIX
TalentEgg.ca

It's been a long Canadian winter, but signs of spring are everywhere — with national mood-lifting effects.

To amplify the productivity boost that comes from the seasonal change, put some flowers on your desk.

A recent study from Texas A&M University found that having flowers and greenery around positively affected employees' ability to generate ideas and problem-solve at work.

Head researcher Roger Ulrich and his team found that employees were able to generate 15 per cent more ideas and come up with a greater supply of flexible solutions to problems when they shared their workspace with flowers.

Feel-better flowers

Beyond ideation, flowers at work have a significant and positive effect on your health and well-being, say researchers.

Having fresh blooms on your desk can lower your anxiety, combat depression, reduce negative thinking, and may even have a positive impact on memory. Some studies show that surrounding yourself with indoor plants can help reduce fatigue, coughs, sore throats and other cold-related illnesses by up to 30 per cent — which translates into increased productivity, fewer sick days, and cost savings for employers.

Scientists at the University of Exeter studying the links between flowers and creativity found that adding office plants to workspaces resulted in a 47 per cent boost to staff well-being and a 45 per cent increase in their ability to be creative.

Whether you are working from home, occupy a corner office or spend your days in a cubicle, research shows a connection between office plants and creative thinking. ISTOCK

Virtual nature

Breaking up your workday for a walk outside delivers an amazing mood uplift and psychological refresh.

Likewise, studies show that exposure to simulated nature scenes can also have a positive impact on your productivity and mood. Slate has reported psychological research by Deltcho Valtchanov in which he placed participants in a virtual reality space filled with simulated trees, flowers, plants, grass and they experienced higher levels of happiness, friendliness, affection, and playfulness.

If that convinces you to swap your desktop wallpaper for images of flowers and leaves, head over to Nature Wallpaper for some stunning free downloads optimized for mobile, desktop screens, or social profiles.

Digital flora

For your digital downtime while commuting to the office, a few apps will get you in a flowery mood.

To separate daisies from daffodils and roses from rhododendrons, the FlowerPedia app has over 2,800 photos of flowers and regional information about local blooms, plus wallpapers, and the ability to share photos with friends.

To help design your home garden, the Landscaper's Companion app differentiates 26,000 shrubs, annuals, perennials and plants.

To brighten someone's day, the 1-800-Flowers app or The Mobile Florist by FTD will help you say it with flowers.

For the perfect virtual bouquet try the highly rated Flower Garden app by Snappy Touch, to plant, tend, snip, and send digital blooms to family and friends.

Blossoming at work

Gadgets aside, science provides proof of the restorative potential of nature and the mood boost that comes from a "living" work environment.

Dialling up the leafy factor of your workspace and increasing the green time in your workday is not only good for your mental health, but also contributes to more focused work performance and increased job satisfaction.

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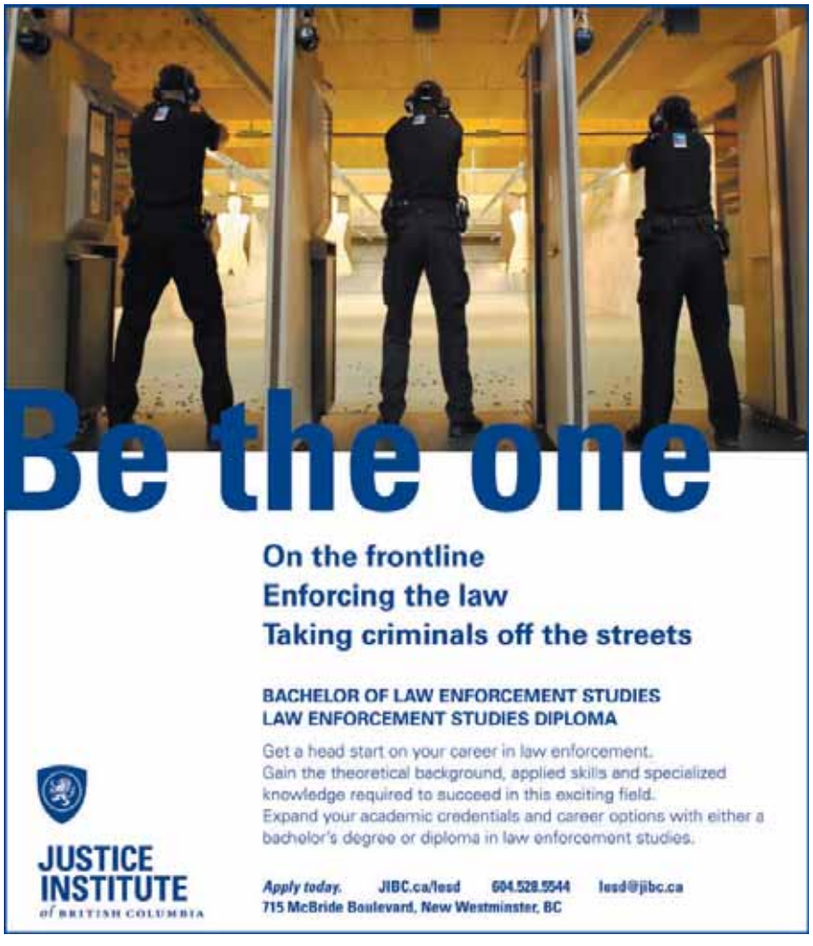
THIS ARTICLE IS EXCERPTED FROM SIDNEYEVE MATRIX'S PROFESSIONAL DEVELOPMENT COURSE IN PERSONAL BRANDING WITH SOCIAL MEDIA, OFFERED ONLINE AT QUEEN'S UNIVERSITY.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CFL

Beck quickly adjusting to Lions, Canadian rules

John Beck probably didn't mean to, but he gave TSN, the television rights holder of the Canadian Football League, some free advertising this week.

Looking at a chance to land the backup quarterback job with the B.C. Lions behind starter Travis Lulay, Beck, a former second-round pick in the NFL, took a year away from the sport before hoping to give it another shot — in Canada.

In order to first educate himself on the nuances of the northern game, Beck said that he began watching games shown on TSN.

"I started recording every game I possibly could and watching them all," the 32-year-old Beck said after B.C.'s first mini-camp session on Monday.

"I was actually able to catch a lot of B.C. games last year, not knowing this is where I was going to end up, but using it as a way to learn the Canadian game."

The larger field, three downs as opposed to four, the number of receivers in motion before the snap and the belief that a two-score lead might not be as secure as it would be down south in the final two minutes of a game are just general examples of how football in the CFL is different.

Beck spent time with four NFL teams, including the Miami Dolphins, Baltimore Ravens, Washington Redskins and Houston Texans. He will likely be in competition with Chris Hart, Jarrett Lee and Steven Jyles for the backup QB spot. CAM TUCKER/METRO

NBA playoffs

Grizzlies hold off Thunder in OT

Mike Miller scored 21 points and the Memphis Grizzlies held off the Oklahoma City Thunder 100-99 in a record fourth straight overtime game Tuesday night to take a 3-2 lead in the first-round series.

With 2.9 seconds remaining in OT, the Thunder's Serge Ibaka tipped in Kevin Durant's missed three-pointer on the rebound. The play was reviewed and it was determined that Ibaka released the ball after the buzzer, ending the game.

THE ASSOCIATED PRESS

Wicked Strong boasts Beantown backbone

Exercise rider Kelvin Pahal takes Kentucky Derby hopeful Wicked Strong for a morning workout at Churchill Downs Tuesday in Louisville, Ky. Wicked Strong has a built-in fan base for the Kentucky Derby — the entire city of Boston. The colt named in honour of the victims of last year's Boston Marathon bombings figures to be among the favourites for Saturday's race. Wicked Strong is owned by a Boston-based partnership that has pledged to donate five per cent of any money won by the bay colt during the Triple Crown series to the fund set up for the bombing victims. Scan the image with the Metro News app to view a gallery of Tuesday's events at Churchill Downs. ROB CARR/GETTY IMAGES

Simmonds' hat trick rocks Rangers

Party on, Wayne. Philly forces Game 7 Wednesday night back at MSG in New York

Game 6

Flyers	Rangers
5	2

Wayne Simmonds and the Philadelphia Flyers are going back to New York for Game 7. There is no time to waste, too.

Simmonds scored three goals, Steve Mason stopped 34 shots and the Flyers beat the Rangers 5-2 on Tuesday night to even their first Eastern Conference playoff series at three games apiece.

Erik Gustafsson also scored as Philadelphia added a third Game 7 to the NHL schedule for Wednesday night. While the other two series last played on Monday night, the Flyers and Rangers have a quick turnaround before their final game at Madison Square Garden.

"You've got to hop on the train and put it behind you. I've got a few episodes of Scandal to catch up on," Mason said, referring to the popular TV show.

Simmonds scored in the first period and twice more in the second for his first career post-season hat trick. Mason survived a busy first period and stopped 31 straight shots until Carl Hagelin scored late in the third. Mats Zuccarello also scored for New York in the final minute.

By the third, the Flyers had taken a 4-0 lead and the outcome was a mere formality. Mason raised his stick in the final minutes toward a rowdy crowd that wouldn't stop chanting his name.

Claude Giroux had an empty-netter for the Flyers, who will try for a second win in New York this series.

"We're not ready to go home yet," Simmonds said.

Simmonds, a 29-goal scorer who had one in the first five games, completed the hat trick with 4:41 left in the second. With a short break, Rangers goaltender Henrik Lundqvist was yanked for Cam Talbot to open the third period.

Lundqvist stopped 19 of 23 shots. He couldn't stop Simmonds.

"I already started thinking about (Game 7)," Lundqvist said. "You don't want to analyze this too much. We have a Game 7 at home."

THE ASSOCIATED PRESS

Donald Sterling. Playoff boycott was on table before commissioner's ruling

NBA commissioner Adam Silver
GETTY IMAGES

NBA players strongly considered boycotting playoff games if commissioner Adam Silver hadn't ruled harshly against Los Angeles Clippers owner Donald Sterling.

Players' union vice-president Roger Mason Jr. says he spoke to representatives from every playoff team about the possibility of boycotting games in solidarity against any ruling that didn't include a mandate for Sterling to sell the Clippers.

The Clippers hosted the Golden State Warriors Tuesday night at the Staples Center.

Mason says the players are very happy with Silver's decision to ban Sterling for life while urging the NBA's board of governors to compel Sterling to sell the Clippers.

THE ASSOCIATED PRESS

Nash weighs in

"It begs the bigger question: If racism is a learned behaviour, how long will it go on for? How long will people be taught to be bigoted, to discriminate and to instill hatred in our communities?"

Canadian NBA star Steve Nash

4 SPORTS

See that symbol? It means you can scan the photo below with your Metro News app. By the numbers! Learn more about the 2015 Honda Fit

DRIVE 5

2015 Honda Fit

- **Type.** Four-door, front-wheel drive compact wagon
- **Engines (hp).** 1.5-litre DOHC 14 (130)
- **Transmissions.** Six-speed manual; continuously variable (CVT)
- **Base price (incl. destination).** $16,000

Market position

The range of small models continues to hold steady, with redesigned versions now being adorned with more standard and optional content. This tends to attract buyers who prefer all the goodies in a smaller package.

Points

- Redesigned top to bottom, but retains similar look
- New four-cylinder engine ups power while slightly improving fuel economy
- CVT saves fuel, but isn't as smooth as traditional automatic
- All-new, larger HR-V wagon based on Fit platform due to arrive early next year
- Impressive people, cargo space makes Fit tops in small wagon class

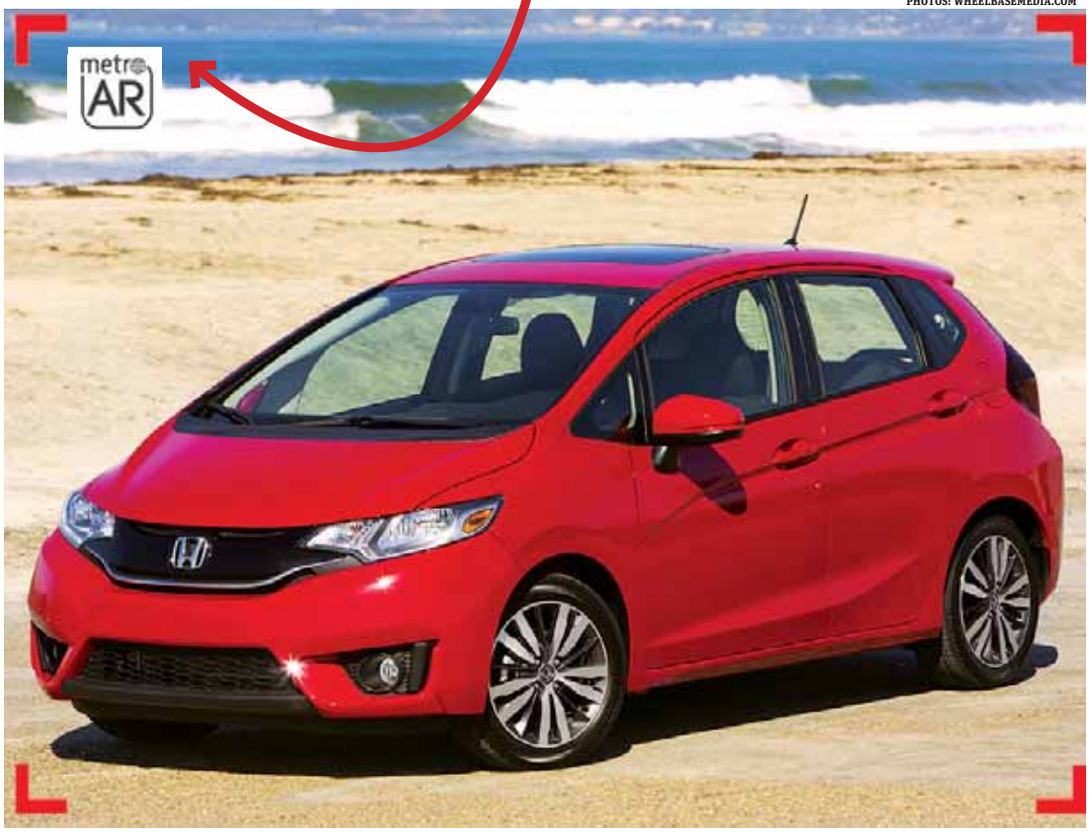
The Fit has been lauded for its fun-to-drive qualities.

Safety

Front airbags; side-impact airbags; side-curtain airbags; anti-lock brakes; traction control; stability control.

Honda's latest is a perfect Fit

PHOTOS: WHEELBASEMEDIA.COM



Review. This mighty little hatchback keeps drivers thinking they're ensconced in a larger vehicle

MALCOLM GUNN
wheelbasemedia.com

"The penalty box of life."

Jeff Conrad, Honda's senior vice president and general manager, uses that phrase in reference to the Fit's small-car competitors. And when comparing the latest edition of Honda's mighty little hatchback to the rest of the field, he may well have a point.

Since the car's 2007 arrival, critics have lauded its fun-to-drive qualities and impressive carrying capacity. And with few exceptions, the newest and smallest of Hondas that are now arriving from their plant in Mexico should receive similar accolades.

The Fit sticks to a proven formula: Keep the size and weight in check; keep the body lean and spacious; and keep drivers and passengers thinking they're ensconced in a vehicle that's larger than it actually is.

Despite being physically and dimensionally similar (a tiny bit wider and longer in distance between the front and rear wheels, but slightly shorter, overall), the Fit actually looks bigger, which is partly a function of more prominent bodyside creases and fenders that bulge out around the wheel openings. Also, the wraparound headlight pods integrate with the grille and no longer extend alongside the hood. Getting the Fit underway is now the job of a new 1.5-litre four-cylinder engine that delivers 130 horsepower and 114 pound-feet of torque, compared to 117 horses and 106 pound-feet of torque for the previous 1.5.

The previous Fit set the bar pretty high, so it's no real surprise that the interior feels richer than the entry price.

Directing power to the front wheels is handled by a new six-speed manual transmission, or equally new continuously variable unit (CVT) option. Honda offers an automatic sport mode with paddle shifters, but ultimately it's no substitute for a multi-speed automatic, even if the latter tends to be slightly less fuel-efficient. Fortunately the standard six-cog manual gearbox is there to save the day.

Despite the more powerful engine, the Fit's fuel consumption is an impressive 7.0 l/100 km in the city and 5.7 on the highway, compared to 7.1/5.4 with the previous five-speed automatic transmission. The less fuel-efficient six-speed manual is rated at 8.1/6.4.

Compare

1 Ford Fiesta Hatchback
Base price: $16,200
Sharp styling, three-cylinder turbo option make Fiesta a popular pick.

2 Nissan Versa Note
Base price: $14,900
Low-priced wagon holds an impressive amount of stuff. Easy on gas.

3 Chevrolet Sonic Hatchback
Base price: $16,000
Junior-sized Chevy also comes in sedan version, as do other competitors.

Horoscopes

♈ Aries
March 21 - April 20
Some people won't hesitate to part you from your cash if they can see a way to do it. Don't be suspicious of everyone you meet today but remember there are bad guys in the world.

♉ Taurus
April 21 - May 21
There is no doubt you will achieve much over the next few weeks but you will achieve even more if you can persuade others to take on the boring chores, giving you more time for things that really matter.

♊ Gemini
May 22 - June 21
You may have to get tough with someone who has let you down. Don't go over the top and create unnecessary resentment but do make sure they realize this is the last warning they'll get.

♋ Cancer
June 22 - July 23
It's not easy being a role model but if anyone can do it you can. Be on your best behaviour today, set a good example and only do what is inspiring.

♌ Leo
July 24 - Aug. 23
You will come in for criticism of today but if you are smart, you will ignore it completely. At best it is misguided, at worst it is sour grapes. The fact is some people envy you for being such a larger-than-life character.

♍ Virgo
Aug. 24 - Sept. 23
Accusations will fly thick and fast today but none of the mud that is thrown will stick to you. It's not that you are whiter-than-white — you just know how to disguise what you do better than most people!

♎ Libra
Sept. 24 - Oct. 23
You must not take unnecessary risks today, especially with money. Keep your cash in your pocket and don't let anyone, no matter how smooth-talking, persuade you there is easy money to be made.

♏ Scorpio
Oct. 24 - Nov. 22
Cosmic activity in your opposite sign of Taurus means you won't get far on your own over the next few days, so let partners and loved ones and work colleagues know you need and value their support.

♐ Sagittarius
Nov. 23 - Dec. 21
Don't worry too much if you get behind in your work because there will be plenty of time to catch up later on. It would help, of course, if you were not so willing to take on other people's tasks.

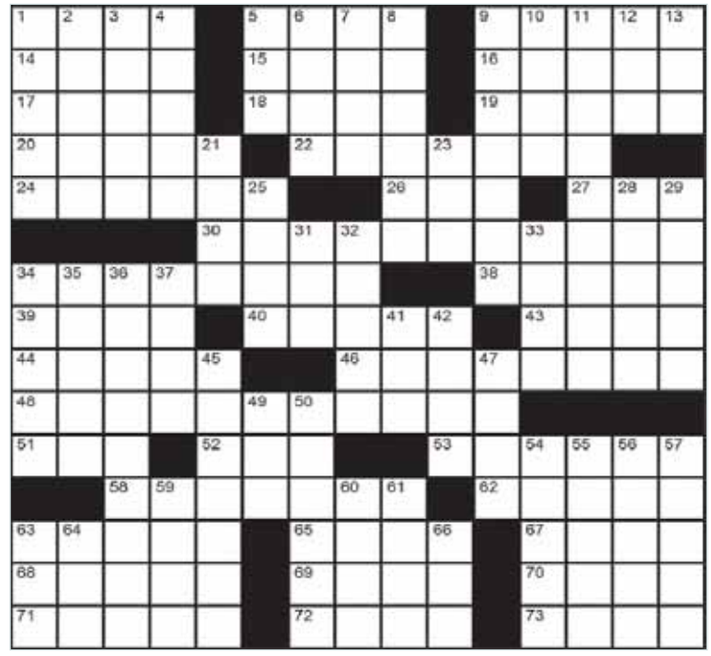
♑ Capricorn
Dec. 22 - Jan. 20
Anything of a creative nature will go well for you but it will go even better if you make an effort to bring other people into your plans. Friends and loved loves want to help.

♒ Aquarius
Jan. 21 - Feb. 19
Focus on helping others today. Everyone knows you're talented but what they may not know is that you get a huge kick from doing good for others.

♓ Pisces
Feb. 20 - March 20
Socially, this will be a great day but some of your friends may be angry that you are spending more time with new acquaintances than you are with them. You can't help if you're popular. **SALLY BROMPTON**

Crossword: Canada Across and Down

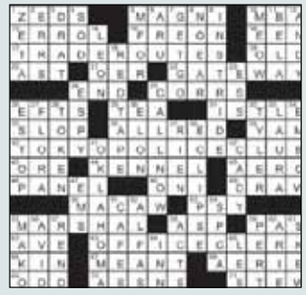
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Seasoning sort
5. Breeze
9. Swift
14. Nursemaid
15. Really rain
16. "The Jetsons" son
17. Low-cal
18. Yesteryear
19. BBQ cut
20. Ms. Ekberg
22. Motto of outstanding achievement honour the Order of Canada: Desiderantes Meliorem __ (They desire a better country)
24. Mr. Sutherland
26. Midmorning time
27. Couch break
30. "Which Way You Goin' Billy?" by Canadian band The __ __
34. Spinning-in-the-wind toy
38. Iceland band, __ Ros
39. Dosage, __ _ day
40. Steam bath
43. "The King's Speech" (2010) actress Jennifer
44. Fighting: 2 wds.
46. HST = Harmonized __ __
48. 1840s: The Great Famine led families to emigrate from Ireland to Canada by way of '__ __', so-called because of the many who died from the putrid conditions on board
51. Vertical's opp.
52. Morning grass stuff
53. Shania Twain's "Don't Be __ (You Know I Love You)"
58. Shake
62. Steeple
63. Carpentry joint part
65. Cab
67. Spare
68. Disguised, informally
69. Happy as a __
70. Barenaked Ladies title lady
71. Wants
72. __ seed oil
73. Heavy weight units [var. sp.]

Down
1. Lunchtime greenery
2. __ acid
3. Fancy tongue
4. 8th Greek letter
5. Operative
6. Fun-style negative
7. Etheric emanation
8. "__ Woman" (1990)
9. Eyes parts
10. Dawn love song
11. 1980 horror flick starring actor Leslie Nielsen: 2 wds.
12. 'Restrict' suffix
13. Tie-__
21. Rush's "Xanadu" bit: "To seek the sacred river __..."
23. Athletics authority [abbr.]
25. Performs
28. 1956 rocker: "Be-Bop-_-__"
29. Heat-resistant glassware
31. Fairy princess annoyance
32. Lavish
33. Architect, Ludwig __ van der Rohe
34. Illegally hunt
35. __ __ deep (Over one's head)
36. Region of The New World for Samuel de Champlain: 2 wds.
37. WWII RAF support gr.
41. B'__ B'rith
42. Snow-capped sights
45. Papineau, for Justin Trudeau ...and Outremont, for Thomas Mulcair
47. Approx. figures
49. Clear
50. Swiss timepiece brand
54. Disturb
55. Middle C site
56. Dick __, Jr. (Broadcasting legend)
57. Feats
59. Fine
60. Story
61. Test
63. Can
64. Opposite WSW
66. Gremlin

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	4		9			5	8	
3				2		6		4
7				5				
	7	3			4		2	
				8				
	9		3			4	1	
				9				1
5		6		1				9
	1	2			8		3	

Yesterday's Sudoku

1	6	9	8	3	5	2	7	4
4	2	7	1	9	6	5	3	8
3	8	5	4	7	2	9	6	1
7	5	1	6	4	3	8	9	2
6	4	2	9	5	8	7	1	3
8	9	3	7	2	1	6	4	5
5	7	6	3	8	4	1	2	9
2	1	4	5	6	9	3	8	7
9	3	8	2	1	7	4	5	6

Today
20°/13°
Mainly sunny
Thursday
20°/12°
Partly cloudy
Know what the weather will be 14 days from now.
Check the 14 day trend.
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